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P. 30

EU approves Portugal austerity plan

The European Commission has this week given the green light to Portugal's revised Stability and Growth Programme (PEC), describing the four-year austerity plan as "adequate", but warning of potential "risks".
(See Page 4)

Coldest March since the 1980s

Data released this week by the Portuguese Met Office has revealed that the month of March was the coldest since 1986 in mainland Portugal.
(See Page 5)

Controversial study ignites bullfighting debate

A Spanish study that was recently made public and claims that bulls have a higher pain threshold than most other animals, suggesting they can tolerate the pain they are submitted to during fights, resulted in 400 people gathering outside Lisbon's Campo Pequeno last Saturday to protest the animals' suffering.
(See Page 11)

Lisbon hotel prices up 27 percent

The average cost of spending a night at a hotel in the Greater Lisbon Area rose by 27 percent from March to April, latest figures have shown.
(See Page 13)

Alentejo awarded Portugal 2018 Ryder Cup candidacy

The Comporta Dunes project, a golf course that has not even been built yet, to be located on the Alentejo coast, will be Portugal's candidate to host the 2018 Ryder Cup, it was announced this week.
(See Page 56)

Weekend weather

Lisbon: Rain will fall for most of the weekend over the capital before gradually clearing on Sunday afternoon. No rain is forecast for the beginning of next week, with spring making a welcome return. Maximums sit around the 20° mark. **Faro:** The Algarve will record rain for most of the weekend, though it will ease on Sunday evening. Monday will be bright, but clouds will return on Tuesday and Wednesday. **The North:** Rain will dominate over the weekend, but will clear on Monday, though there is a chance of rain returning on Tuesday.

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Icelandic volcano eruption wreaks havoc at European airports, including Portugal

AIRPORT ASH CHAOS



Passengers waiting at Faro Airport on Thursday morning. (Photo: The Portugal News / Tommy Broad)



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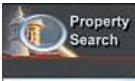
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Airport ash chaos



A photograph made available on 25 March 2010 showing locals silhouetted against the Eyjafjallajokull volcano in southern Iceland as it continued to erupt. (Photo: Lusa / Vilhelm Gunnarsson)

Major disruption was inflicted upon a number of airports across Europe on Thursday and Friday after a volcano in Iceland violently erupted, belching huge clouds of thick ash up to eight kilometres in the air, making it dangerous for aircraft to operate in airspace polluted by the dark plumes.

Thousands of passengers were grounded in Portugal as the weekend approached after hundreds of flights across Europe were cancelled in the wake of the Icelandic eruption.

The majority of affected passengers were travelling to or from airports in the UK, where flights had gradually drawn to a standstill on the advice of European Air Traffic Control.

Passengers en-route to northern European and Scandinavian countries such as Norway and Denmark also suffered delays and cancellations because of the natural event.

At Portuguese airports, the most severely disrupted was Faro Airport (Algarve), where by noon Thursday, around half of the day's 52 arrivals had been cancelled; only seven had landed or were en-route, while the remainder awaited confirmation.

By 10h30 on Thursday morning just one flight, a Thomas Cook flight TCX795L at 09h50 to London Gatwick, had departed. Twenty-nine more departures were cancelled, more than half of the day's flights from that airport.

Three Thomson Airway flights to the northern airports of Birmingham, Manchester and Newcastle had been initially delayed by several hours, re-scheduled to leave later that afternoon, from 16h30 onwards, though passengers were plunged into despair as they too were also subsequently cancelled.

Hundreds of passengers queued at Faro Airport's information desks, though little information was available as to how or when flights would eventually leave or arrive.

Those who were not being accommodated by friends or family, or owned a home in Portugal, prepared to camp down on the airport's benches and floor, bracing themselves for what could be a very long wait.

Speaking to The Portugal News at Faro Airport on Thursday, a couple from Birmingham said: "We were due to fly out at 11am. We have been informed that our flight might be leaving at 5pm, we will have to wait until then and be patient."

Sharing a view held by other passengers, they added: "It's just one of those things, it's nature."

Most commuters were more concerned about refunds and being able to re-book flights, resulting in long queues inside the Faro terminal building.

"Our flight to Manchester was at 12 o'clock but it has been cancelled. We still don't know if we will be getting a refund, that is why we are waiting in the queue for Servisair. We have been in the queue for two hours and have not moved very far. I expect we will be waiting for another two or three hours before we find out about anything", another British tourist said.

"I was due to fly out to Luton this morning with my wife and child. I have just waited in the queue at Servisair for hours to be told I will not be receiving a refund on our flight and that I might have to stay here in Portugal until Saturday at my own expense", an angry father told The Portugal News.

Lisbon Airport was less affected, with eight departure cancellations confirmed by midday

to destinations including Oslo, Stockholm, Copenhagen, Bristol, Luton and Heathrow, though more flights to the UK were expected to be cancelled as the day progressed.

At the time of going to press, five flights from Oporto Airport had been cancelled, with one TAP morning flight to London Gatwick delayed by just over an hour.

Speaking from Lisbon Airport on Thursday morning, spokesman for national airport management company ANA, Rui Oliveira, told The Portugal News: "So far we haven't really been affected and we have no further information, but obviously if the UK's airspace is closing down, then all flights to and from there will be disrupted".

Regarding inconvenience caused to passengers, he said "The companies will have to give information".

A statement sent to The Portugal News on Thursday by Irish low-cost carrier Ryanair (Thursday, April 15th) explained: "Due to volcanic ash from Iceland, European Air Traffic Control has confirmed that for flight safety reasons there will be widespread closures of Northern European airspace leading to severe restrictions on Ryanair flights throughout the day.

"From 09h00hrs (local) no further Ryanair flights will operate to/from the UK. From 10h00hrs (local) no further Ryanair flights will operate to/from Ireland. From 11h30hrs (local) no further Ryanair flights will operate to/from Norway, Sweden and Denmark."

Ryanair also cautioned that cancellations and delays could continue into Friday and suggested passengers should continue to monitor live flight information.

Ryanair apologises sincerely for any inconvenience caused by

these disruptions which may continue for the next couple of days", the statement concluded.

In the UK, Scotland was first to ground flights, with airports in Aberdeen, Glasgow, Edinburgh and Newcastle shutting down in the early hours of Thursday morning.

A short while later airports in Liverpool, Manchester, Birmingham, Luton, East Midlands, Bristol and Southampton also confirmed major disruption and cancellations, as did Belfast Airport, Northern Ireland.

British Airways said on Thursday it had cancelled all flights from the UK until at least Friday morning. Furthermore, all London airports closed after 11h30, leaving the UK virtually paralysed and closed off from the rest of the world for most of the day.

Ash was expected to fall in several parts of Europe, including Scotland, Denmark and Norway, with experts warning it could take days to disperse. Initial estimates predicted it would affect air travel into the following day (today, Friday April 16th).

Volcanic ash can affect aircraft in various ways, being potentially disruptive to engines, landing and navigation gear, as well as reducing visibility.

After first erupting on March 20th this year, Iceland's Eyjafjallajokull volcano, which is positioned 120 kilometres east of Reykjavik, blew up for a second time in less than a month, after lying dormant for nearly two centuries.

Reportedly, experts are now concerned the volcano Katla, Eyjafjallajokull's 'biggest sister', may also erupt. In the past, eruptions from Eyjafjallajokull have spurred Katla to follow suit, and while the last major eruption took place in 1918, volcanologists believe a new flare-up is overdue.

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EU approves Portugal austerity plan



EU commissioner for Economic and Monetary Affairs Olli Rehn speaks during a press conference following a video-conference with the European Finance Ministers, in Brussels, Sunday 11th April. (Photo: EPA/Julien Warnand)



The European Commission has this week given the green light to Portugal's revised Stability and Growth Programme (PEC), describing the four-year austerity plan as "adequate", but warning of potential "risks".

"The Portuguese stability programme is ambitious and quite concrete for the years 2011-2013, but additional measures of fiscal consolidation might be needed, especially for this year, if risks to the macroeconomic and fiscal developments materialise. Fiscal consolidation is essential also in view of the necessary narrowing of the large external imbalances", said Economic and Monetary Affairs Commissioner Olli Rehn.

The Stability Programme up-

date for Portugal was submitted on 29 March 2010 after discussion in the Portuguese Parliament four days earlier.

The EC said it reflects the severe impact that the current crisis is having on public finances, with an estimated deficit of 9.3 percent of GDP for 2009 and a rapidly-rising government debt ratio.

The Portuguese update aims at gradually reducing the government deficit to 3 percent of GDP by 2013.

However, the EC said that

there are risks associated with the budgetary strategy, as in every "back-loaded" consolidation strategy, linked to the uncertainty stemming from the fact that consolidation measures spelled out in the programme still need to be adopted and implemented.

The European Commission also warned Lisbon it should stand ready to take "other measures" if its "relatively optimistic" economic forecasts for the period do not materialise.

Portugal tops UK property search

Following news last week that house prices in Portugal had remained relatively stable despite the economic crisis, comes the revelation that interest in buying property overseas has soared in Britain, with Portugal topping preferences.

According to property website Rightmove, internet searches for property rose 60 percent compared with March 2009.

The site further revealed that the biggest surge in interest was for property in Portugal's relatively unexplored Costa Verde region, where searches climbed by 106 percent.

Commenting on these figures, Robin Wilson, Head of

Overseas at Rightmove said: "Never mind the arrival of spring, the arrival of sunshine seems to have set buyers racing for the sun, with big gains for classic Mediterranean destinations this month. Portugal has surged past Australia and reclaimed its fourth place in our chart as the seasonal peak in emigration interest fades."

Moneycorp, one of the UK's leading foreign exchange specialists, have also seen a similar trend in property related enquiries between February and March with an 18.5 percent rise in people looking to buy or sell properties in Portugal.

Moneycorp explained this trend as being partly due to the stronger pound.

Rightmove says it generates over one million overseas property searches a month and receives over 80,000 unique visitors per week.

Gov't readying bill to tax long-term stock capital gains

Portugal's Socialist executive will soon present parliament with a bill to tax long-term capital gains on stocks, according to the ruling party's legislative leader.

"I've been informed that the government will move quickly for

approval of a capital gains tax proposal in the shortest time possible", Francisco Assis said earlier in the week.

He said the Government had not acted on the decision when the 2010 austerity budget was

discussed and voted in parliament last month because it considered it necessary to "give some signs to the financial sector".

The Government now considers that the conditions have

been created to begin taxing capital gains on the stock exchange", he said.

Short-term capital gains, of stock held less than one year, are already taxed.

TPN/Lusa

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Coldest March since the 1980s

Data released this week by the Portuguese Met Office has revealed that the month of March was the coldest on record since 1986 on mainland Portugal. Average temperatures were well below those established over the 1971-2000 reference period. Maximums were down 1.5°C, minimums were lower by 0.2°C, while overall daily temperatures fell 0.8°C.

NEWS IN BRIEF

Europe strikes against the trafficking of counterfeit goods

A Joint Customs Operation code-named Matthew II has led to the seizure of more than 16 million cigarettes, 241 kilograms of tobacco products, 6,400 litres of alcohol, 20 tons of counterfeit perfumes, 53,418 other counterfeit items such as bags, coats, scarves, wallets, and 1,515,75 kilograms of cannabis entering the EU by road via its eastern border. During the operational phase, additional seizures of more than 25 million cigarettes also took place at some EU ports.

'Safe to visit Bangkok' advice

Portugal's ambassador in Thailand said Friday it is safe for holidaymakers to visit Bangkok, if areas in which anti-government protests are taking place are avoided. Ambassador Antonio Faria e Maya told Lusa News Agency he considers it still safe for Portuguese tourists to travel to Thailand, whose two main international airports are operating normally. The streets of Bangkok are safe for visitors so long as they avoid areas where demonstrations are in progress or planned, added the Portuguese envoy. Red-shirted protesters took control of the Thai parliament last Thursday and a state of emergency was declared in the capital.

Cimpor shareholders poised to name incoming board

Shareholders of Portuguese cement company Cimpor are close to agreement on a new board of directors, Caixa Geral de Depósitos chief executive Fernando Faria de Oliveira said. Faria de Oliveira, whose state-owned bank holds 9.6% of Cimpor stock and effectively has the final nod on the makeup of the new board, told reporters in Lisbon: "I think that an enormous effort has been made to reach consensus and I believe this is practically concluded." Cimpor investors, including new arrivals Votorantim and Camargo Correa of Brazil, will reach agreement on the firm's new chairman and other executives by April 14 ahead of an expedited shareholders' meeting on April 29, added CGD's chief executive. Lisbon media reported last Thursday that Luis Palha, chief executive of Portugal based food retailer Jeronimo Martins, was formally chosen as Cimpor's new chairman at a meeting this week between Finance Minister Fernando Teixeira dos Santos and CGD's CEO.

China backs proposals to make Portuguese UN working language

China supports moves to make Portuguese an official language at the United Nations, Lisbon's top diplomat, Luís Amado, said after talks with senior Chinese officials. Amado said Chinese counterpart Yang Jiechi had informed him of Beijing's backing for the elevation of Portuguese to UN working language status during their meeting. There is also rising demand to study Portuguese in other Chinese regions other than the former Lisbon-controlled territory of Macao, added Amado. In Beijing he also held talks with Deputy Premier Li Keqiang and Trade Minister Chen Deming. Portuguese sales of goods and services to China last year rose 20% year-on-year to reach a value of around €220 million.

Navy's tall-ship Sagres delivers aid

The Portuguese Navy's tall-ship Sagres, on a round-the-world voyage, made a "symbolic" delivery of aid on Tuesday to survivors of Chile's massive February earthquake. An officer aboard the Sagres told Lusa by telephone that the aid package, 600 kilograms of powdered milk and medical supplies, had been "collected spontaneously" by the Portuguese community in Buenos Aires, Argentina.

Monthly EU Labour Market Monitor

The labour market in the EU is continuing to deteriorate at a moderate pace, though we are starting to see more consistent signs of stabilisation in some Member States – according to the latest Monthly Labour Market Monitor from the European Commission. Rises in the unemployment rate eased in most EU countries, with only Latvia recording a steep increase, while the rate stabilised in several countries, including Germany and the UK. As the economic recovery is still facing headwinds, latest forecasts suggest that the EU labour market will just level off during 2010. This month's edition of the Monitor focuses on recent developments in the ICT and retail sectors.

Guinea-Bissau gets Portuguese coach

Portuguese football trainer Luís Norton de Matos is to take charge of Guinea-Bissau's national squad, sports officials in the West African state said this week. De Matos, currently managing in Senegal and with coaching experience in Portugal's top-flight, will sign a contract until 2011 and prepare Guinea for the 2012 Africa Cup of Nations.

TPN/Lusa

It was not only the cold weather that made its mark in March, with last month also being the third wettest the past three decades, with 128.1mm of rainfall being recorded.

Portugal last month broke yet another weather record with news that it was the wettest winter since 1870 in Lisbon.

Not surprisingly, flood-ravaged Madeira also managed to beat rainfall records, which were first compiled on the island in 1865.

These figures were released by the Portuguese Met Office and take into account the months of December, January and February.

Data shows that the Portuguese capital recorded 775mm of rainfall this winter, while Madeira reported 853.9mm, which is three times the region's average. More than half of this rain fell in February.

While rainfall figures rose between December and February, the opposite was true for temperatures.

Overall, maximum temperatures were down 1.1°C, while minimum temperatures remained relatively unchanged.

Europeans not well informed about biodiversity loss

The European Commission has published a Eurobarometer survey which shows that many Europeans do not understand what is meant by biodiversity and do not feel well informed about biodiversity loss.

The Commission has at the same time launched a campaign aimed at informing the public about the loss of biodiversity in the EU.

Environment Commissioner Janez Potočnik said: "Biodiversity is the natural engine for our future, and we must learn to treat it with care. I hope this campaign will help do that, and raise awareness about the need to be kinder to the natural world we depend on."

The new "Attitudes Towards Biodiversity" survey reveals that only 38% of Europeans know the meaning of the term, although another 28% have heard of it but do not know its meaning.

The majority feel that biodiversity loss is a serious issue, although they do not think they will be personally affected by the decline, with only 17% of respondents agreeing that they are already touched by it.

When asked about the most important threats to biodiversity, 27% prioritised pollution, with 26% blaming man-made disasters. The main reason cited by citizens for their lack of action to stop biodiversity loss was low awareness of what can be done.

Thermometers reached an average of 12.7°C, the second lowest since 1971 – the year when temperatures were first documented. Nonetheless, and despite lower-than-usual temperatures, not a single cold snap was reported anywhere in the country this past winter.

Unstable weather patterns

have become increasingly common in Portugal in recent years.

Last spring was said to have been the driest since records first began, while in 2007/2008, Portugal reported the lowest amount of rainfall since 1917.

Rainfall during this period was less than half (48 percent) of the average between 1941 and 1998.

Since records began, January 2008 was confirmed as the second hottest ever, with thermometers 1.3° above the January average.

A further example of unstable weather patterns was the summer of 2007, which was confirmed as the coolest in two decades as well as the wettest this century.



Volunteers remove broken branches and debris caused by bad weather at Mata do Buçaco on March 6th. (Photo: Lusa / Paulo Novais)

Alentejo 'Sudoeste' plan includes more surf and caravan support

As part of the Southeast Alentejo and Costa Vicentina Natural Park Land Ordaining Plan (PO-PNSACV) it has been pledged that more infrastructures will be created to improve conditions for surfers and caravan enthusiasts, even in highly-protected areas, as well as the authorisation new four-star hotels.

"The PO-PNSACV will allow for exceptions to be created in planning and development regarding surf and mobile-home related matters", Tito Rosa, President of the Conservation of Nature and Biodiversity Institute (ICNB) told Lusa News Agency.

"We believe that the more

these activities are disciplined, organized and promoted, the more the park will benefit from them", he explained, adding that he has been in talks with surf schools to bring the EU-funded, innovation-advocating Polis Programme to the area.

New infrastructures and other necessary work for improving roads, mobile-home parking areas, surf-board storage, creating surf schools, and electricity and water points will be created under the PO-PNSACV project.

These will be allowed to take shape "in areas of high protection", as, according to the project, it is the best way to manage space, avoiding things

getting "out of control".

"Lack of discipline and each person looking out for themselves only brings damage to nature", commented Tito Rosa.

"We are not interested in making the most of situations where people can be fined or break the law, everyday we lament the way things are becoming degraded, it is not a positive attitude", he added, acknowledging that surf and caravans are important for the park's image.

Supporting the creation of four-star hotels, nature-tourism and rural tourism are other opportunities that the new PO-PNSACV will explore.

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Sixteen adopted children returned last year



Ruben and Marcio pictured in 2007 when they were ten years old at the Casa dos Rapazes in Faro, a home for children at risk. While spending their short lives longing to be reunited with their biological parents, they found themselves outside the age of preference for adoption. (Photo: Lusa / Luis Forra)



Last year 16 children were returned to the state-run institutions from where they were adopted, according to Idália Moniz, adjunct State-Secretary for Rehabilitation, who highlighted unexpected divorces as one of the main causes for their return.

There are currently 2,776 children in Portugal who are eligible for adoption (data from February 2010), 547 of whom State Secretary Moniz says 'no one wants' as they are older than three years of age, have siblings, are ill, or simply because of the colour of their skin.

Nevertheless last year fewer children were given back to the system than in 2009, when 20 adoptees were replaced into state care.

According to the State Secretary, the main reasons for adoptions being annulled occurs when couples realize they are not prepared to take on a child, an unexpected divorce occurs, or an agreement regarding custody

could not be reached in the event of a divorce.

'Of the 2,493 candidates to be adoptive parents, 2,323 want a child under the age of three, 1,994 say they want a child with white skin, and only 464 say they don't mind adopting a child with siblings', Idália Moniz affirmed, explaining that adoption process takes so long for more than one reason.

Presently, officially confirming a child's eligibility for adoption takes 60 days, while affirmation of candidates as parents is a nine-month procedure. Only 10 percent of children in care are adopted.

The Ministry of Work and Social Welfare implemented an

Immediate Intervention Plan which aims to create lifelong projects to help these and other children who end up in state care.

In 2009, 12,579 children and young people were in state care, 1,331 fewer than in 2008. Of these 3,016 left the institution in 2009, with the districts of Oporto, Lisbon and Braga registering the highest exit rates, Beja and Portalegre the lowest rehoming rates. That year, 131 children ran away from institutions, the majority were 12-year-olds.

According to the 2009 Immediate Intervention Plan report, state institutions are taking in more 11 and 12-year-olds (61 percent), who are believed to have increasing behavioural problems.

Infant murderer placed in isolation

A father who beat his five month old son to death has been placed in isolation in prison after other inmates pledged revenge for the heinous crime. The tot's funeral took place last week under PSP police supervision.

Five-month-old David was beaten to death by his own father and left for 'two or three hours', according to autopsy results, before any sort of action was taken.

Only later did his father, 23-year-old Cape Verdean Alcindo Cabral, a brick-layer, warn one of his sisters and his wife, 20-year-old Carla Gonçalves, a cleaner, who was at work.

It was determined that the baby had suffered blows to the head and torso, which culminated in his death. He was assaulted in his home, in Alcobaça, though it is believed it was not the first time he had been beaten.

A police source revealed the baby showed 'signs of earlier abuse', though there were no hospital records to confirm he had received assistance for any sort of injury. Police therefore believe the young couple had treated their son with home remedies.

Reportedly Carla Gonçalves also suffered physical abuse at

the hands of her husband, but kept quiet through fear of further abuse.

Last week, as the funeral took place and the tiny white coffin was lowered into the ground, Gonçalves family members struggled to restrain the baby's distraught mother, who has been hospitalised since the incident.

She reportedly tried to stop the coffin from being lowered into the ground, screaming 'Take my boy out of there; don't let them bury my baby'.

Both sides of the boy's family were at the funeral, the father's relatives claiming they were there 'with a clean heart'.

"I am very sad, I didn't want this to happen, I wanted to see my grandson grow up", Jovino Cabral, the baby's paternal grandfather told Portuguese newspaper *Correio da Manhã*.

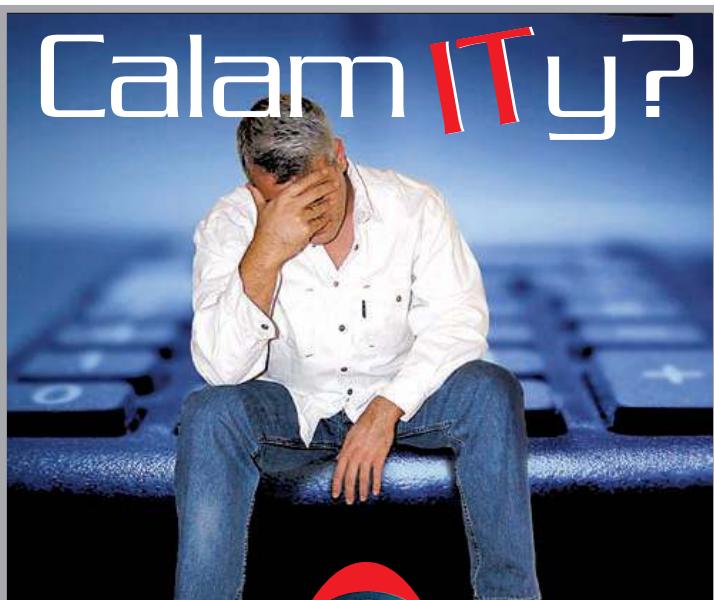
José Carlos Gonçalves, Carla Gonçalves' brother, was described as 'visibly upset' and said he wanted 'revenge for the death

of his nephew, who was killed by his father like an animal'.

PSP police officers were waiting outside the cemetery, ready to intervene should there have been an outbreak of violence between the two families, though their intervention was not required.

Alcindo Cabral was jailed last week on Tuesday afternoon, and since his incarceration has been kept in isolation, segregated from other inmates through fear of reprisals. His fellow inmates have already threatened to attack him, should they pass him in corridors.

Reportedly, prisoners jailed for crimes such as rape, child sex abuse and child negligence are classified by fellow inmates as cowards and seen as prize targets in an unwritten code of conduct. Because of this, Alcindo Cabral is kept in his cell for 23 hours a day, only being allowed out to see daylight for one hour a day.



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Up to 500,000 expected to greet Pope at Fátima shrine in May



Up to half a million people are expected to welcome Pope Benedict XVI at Our Lady of Fátima's shrine next month during the highpoint of the Pontiff's four-day visit to Portugal, Bishop Carlos Azevedo said Tuesday.

Lisbon's bishop told Lusa News Agency crowds of up to 150,000 are expected to attend open air masses in the capital and Porto during the May 11-14 visit and between 300,000 and 500,000 at Fátima, the country's holiest pilgrimage site.

Azevedo said a "mega operation" was underway, involving hundreds of church and govern-

ment personnel, to ready "a joyful feast" for the Pope's meetings with the Catholic faithful.

"Everything is prepared in detail and there's a Plan B" in case weather conditions keep Pope Benedict from travelling by helicopter between the three cities, the bishop said.

"A great interest keeps growing" around the visit of the "fig-

ure who can offer a unique spiritual experience", he added, saying that the pope, who began his mandate with the image of "a hard person", had "surprised" Catholics and others with his message of love, dialogue and questioning current models of economic and social development worldwide.

TPN/Lusa

Portuguese sexologist refutes connection between abuse and homosexuality

Well known Portuguese psychologist and sex expert Marta Crawford this week rejected recent suggestions by the Catholic Church that there is a connection between paedophilia and homosexuality, claiming she did not understand the Church's reasons for trying to establish a link between the two.

"I cannot see any connection between paedophilia and homosexuality. Paedophilia is not re-

stricted to acts between two people of the same sex. Right there, just because of that no links can be made. Being a paedophile does not mean relations between two people of the same sex, it means forced sex with people of a different age", Marta Crawford explained to Lusa News Agency.

During a recent visit to Chile, Vatican State Secretary Cardinal Tarcisio Bertone related paedophilia to homosexuality, rejecting

any connection to the celibacy that priests are submitted to.

"Many sociologists and psychiatrists have proved that there is no relation between celibacy and paedophilia, but many others showed, and recently said, that there is a connection between homosexuality and paedophilia", Cardinal Bertone recently declared to journalists, refuting suggested links between cases of abuse and the celibacy imposed on men of the cloth.

"I don't know what the Church's objective is in trying to mix this all together. What is the Church trying to prove? I don't get the intention" sexologist Marta Crawford responded when questioned about the Cardinal's statement.

According to the specialist, it is important to underline that paedophilia is a "clinically diagnosed situation", and homosexuality "is not a disease" and "has nothing to do with sexual abuse inflicted on others".

She further refutes any relation between paedophilia and celibacy. "There are many paedophiles that have nothing to do with the Church. It seems too far-fetched to try and say that all men of the Church, who are subjected to celibacy, are potential paedophiles. It is not circumstance that fabricates paedophiles. There is a clinical condition behind it which is a psychological issue", she concluded.



A close-up taken at the Portuguese Episcopal Conference which reunited Portuguese bishops at Fátima on 13th April. (Photo: Lusa / Paulo Cunha)

Atheists want papal visit cancelled over alleged paedophile cover-up

The Portuguese Atheist Association (AAP) has this week asked the Portuguese Bishops' Conference to postpone next month's visit by Pope Benedict XVI to permit "full clarification"

of his involvement in alleged cover-ups of widespread child sex abuse by Catholic priests.

The AAP told Portugal's Catholic leadership the Pope's May 11-14 visit should be post-

poned indefinitely due to the Pontiff's purported involvement in a cover-up to protect priests who abused minors in various countries.

TPN/Lusa

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New PSD chief calls for urgent constitutional revision



The new leader of Portugal's Social Democratic Party (PSD), Pedro Passos Coelho, got overwhelming approval for his opposition strategy to the Socialist Government at a weekend party congress.



Newly elected PSD leader Pedro Passos Coelho is congratulated by former party leader, Manuela Ferreira Leite at the end of the XXXIII Social Democratic Party congress in Carcavelos on April 11th. (Photo: Lusa / Tiago Petinga).

Passos Coelho, who was elected as PSD president last month with more than 60 percent of the ballots, saw his global stra-

egy motion blessed by the congress on Saturday in Mafra, outside Lisbon, with no negative votes and only 10 abstentions.

In a closing speech on Sunday night, he called for an urgent revision of the constitution to, among other matters, give the Portuguese a wider choice in health services and tie electoral lists more closely to voters.

Vowing stronger opposition to Prime Minister José Sócrates' administration, Passos Coelho, 45, a business manager and former leader of the centre-right party's youth wing, replaced Manuela Ferreira Leite, who stepped aside as PSD leader after the party lost legislative elections last year.

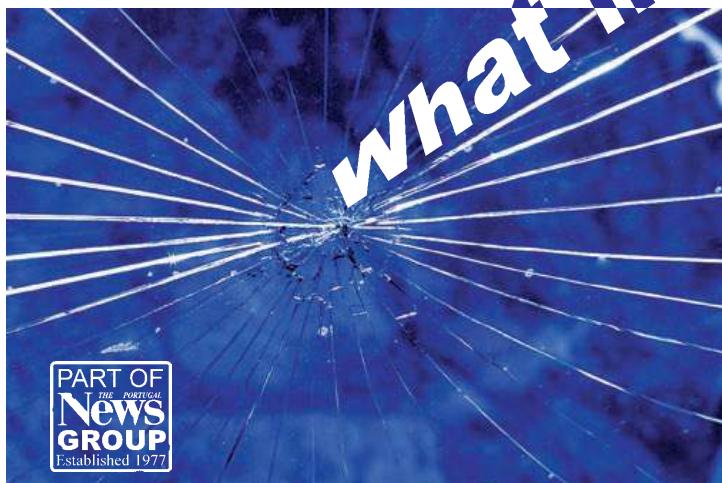
TPN/Lusa

MEPs want to limit data transfers to USA

MEPs have called for bulk transfers of personal data to the USA to be avoided, if necessary by processing them within the EU, and for Europe's citizens to be guaranteed the right of appeal to the US authorities. These demands were made in a debate on the key points of a new draft accord on transfers of bank data to the United States for anti-terrorism purposes.

The EP Civil Liberties Committee was discussing the negotiating mandate adopted by the European Commission on 24 March for a new agreement on bank data exchanges with the United States to combat terrorism. On 11 February the European Parliament rejected the previous draft agreement.

The new draft mandate, access to which is limited, although MEPs have been allowed to see it, will be considered by the Council on 23 April, to enable talks with the USA to begin. The Commission wants to have an agreement signed by the end of June. Parliament's consent is required for any accord to enter into force.



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Try a new tipple at the International Algarve Fair's Wine Show



Each year huge efforts are made to find and enlist new recruits to showcase some of Portugal's most outstanding, well-known and little known wines; this year, some of the region's leading producers and distributors will be offering samples of their top-choices.

From small family-run businesses to some of the region's biggest names, everyone who is anyone, will be there. Amongst others, the Wine Show will feature local producers *Única – Adega Cooperativa de Lagoa*, who will be flying the flag for regional wines.

Established in 1944 the Adega Cooperativa de Lagoa (www.adegalagoa.com) was the first in the country to function with its current characteristics. Its products are without doubt amongst the Algarve's most acclaimed, as well as being amongst the most symbolic in Portugal.

Several awards were achieved during the Wine Masters Challenger 2008, proving the quality of *Única's* products.

More recently *Quinta da Penina* (Alvor), which produces the renowned *Foral* wine, will also be participating in the Wine Show. Just last week *Quinta da Penina* (www.vinhosportimao.com) was awarded a Gold Medal

in the international Wine Masters Challenge 2010 for its *Foral de Portimão Reserva 2008*. Of 4,497 wines, 258 medals were awarded by a panel of judges, the *Foral de Portimão Reserva* being amongst the most highly acclaimed.

Quinta dos Vales (Estômbar), a more recent arrival in the Algarve, will be returning to the Wine Show after last year's successful participation. Now widely recognised for their up-and-coming wines as well as for their colourful, oversized sculptures, *Quinta dos Vales* (www.quintadosvales.eu) produces 'powerful wines of substantial colour', in red, white and rosé. Their unique maturing process enhances "some of the otherwise undiscovered characteristics you find in superior wines" combining well established international varieties which have proven their adaptation to the regional climate and soils, with mainly Portuguese varieties.

Owned by sculptor Karl Heinz Stock, *Quinta dos Vales* offers a sophisticated combination of wine and art that is quietly stirring growing interest from far and wide.

Smaller producers such as *Quinta João Clara* (Vale de Lousas, Alcantarilha), *Quinta da Vinha* (Silves), and *Quinta dos Lopes* (Barão São João) will also be participating.

Quinta João Clara was established in 1975, when João Clara purchased the property and planted the first vines. It produced its marketed wine (*João Clara Tinto – Vinho Regional do Algarve*) in 2006, the completion of a young producers dream. Currently run by Edite Alves, *Quinta João Clara* is dedicated to producing wines of fine quality.

Family-run *Quinta da Vinha*, which belongs to the Cabrita family, produces the trademark red and rosé 'Vinho Cabrita'. The farm was initiated in 1977 by fruit seller José André, who planted the land with traditional Algarve vines such as *Crato*, *Monteudo*, *Negra Mole* and *Castelão*, to produce his 'homemade' wines. In 2000 his son, José Manuel Cabrita, took over and further explored the huge potential *Quinta da Vinha* offered. A thorough transformation took place in 2000

and 2001, including replanting the land with other national varieties to enhance the Algarve potential, like *Touriga nacional*, *Trincadeira* and *Aragonês*. And in 2007 the current red and rosé *Vinho Cabrita* was born, a wine with a daring, fresh image, aimed at young, curious consumers who recognize quality wine at accessible prices.

Quinta dos Lopes will be displaying their selection of choice wines, from across the region as well as local produce from the Western Algarve, as will *Monte da Casteleja* (Sargançal, Lagos – www.montedacasteleja.com).

Now owned by winegrower Guillaume Leroux, *Monte da Casteleja* was originally purchased by Guillaume's Sagres-born grandfather, a highly-respected individual in the fishing industry, in 1952.

First introduced to the 'magic of wines' by his French father, over the decades Guillaume realised the great potential of Portuguese wines, becoming passionate about wine after discovering the richness and complexity of the world of wine during his travels and studies.

With the mission of producing a "high quality regional wine", since 1998 Guillaume has built on *Monte da Casteleja* to achieve his objective.

Despite *Monte da Casteleja*'s wines now being widely applauded, they received further acclamation of quality this year when globally respected wine



The Wine Show at the International Algarve Fair

journalist Sarah Ahmed (aka. 'The Wine Detective') elected its 'Maria Selection Tinto 2007' (red) as one of the '50 Great Portuguese Wines, 2010'.

She described *Monte da Casteleja*'s 'Maria Selection Tinto 2007' as "An attractive floral nose and palate with wild, bright cherry and pomegranate, and subtle spice underscored by pithy tannins. Put me in mind of *Conceito*'s *Bastardo* from the Douro with its combination of intensity and delicacy."

Also expected to make a return are Cliff Richard's *Vida Nova* and *Onda Nova* wines, from his 'Adega do Cantor' (Guia, Albufeira – www.winesvidanova.com). In recent years these wines (whites, reds, rosés and sparkling rosés) have earned a dedicated following both in Portugal and in the UK.

Since *Vida Nova's* inception, the grape ripening, harvest, fermentation and wine maturation has been overseen by consultant winemaker, David Baverstock.

Renowned for the range of wines he produces at *Herdade do Esporão* in the Alentejo, David was Portuguese winemaker of the year in 1999, the first foreigner to win the award. His *Esporão Touriga Nacional 2001* took the trophy for best Portuguese red wine at the London International Wine Challenge in 2002.

And if all of the afore-mentioned isn't enough to tempt you to the International Algarve Fair (www.algarvefair.com), then we don't know what!

The International Algarve Fair takes place over the first weekend in June, on Saturday 5th and Sunday 6th, open both days from 11h00 to 19h00.

Talk can be cheap

After almost a decade of consistently raising the bar in finding the best possible deals for consumers across the country, World Telecom has this week revealed details of its pioneering deal with telecommunication giant Optimus.

The consumer is the winner once again with news that World Telecom (WT) has negotiated a deal with Optimus (which is owned by Sonae) to offer businesses and consumers previously unheard of deals.

"One of the most striking features of the new deal for customers so far has proven to be the World Telecom-Optimus mobile phone service with free deals", says Pedro Serrão, General Manager at World Telecom.

For as little as ten euros a month customers can make free unlimited calls and send text messages to mobiles within the World Telecom

'Speak Freely' network. And unlike other companies, the ten euros, as an example, will remain as a balance that can be used to make all other calls at vastly reduced rates.

Customers can now group together telephone, internet and mobile phone deals where unlimited telephone calls to fixed lines in Portugal, Spain and one of either the United Kingdom or Germany can cost only €15.99 a month. More significantly, this includes line rental, which is usually priced at a monthly fee of approximately €15.

"Ordinary consumers", explains Pedro Serrão, "will now be able to benefit from deals that were in the past exclusively reserved for companies.

"Businesses on the other hand", he adds, "by using the services of World Telecom, can also look forward to deals specifically tailored to their needs. Not only will we look to

save them large amounts in telecommunication costs, but we will deal with cumbersome paperwork in either English, German or Portuguese", a feature which Pedro Serrão says has proven to be a hit with customers.

He adds that response in recent weeks to the deal brokered with Sonae has been "brilliant" and believes "the edge World Telecom has in the market" will ensure this partnership will be hit amongst customers seeking an inexpensive, yet competent solution to all their telecommunication needs.

WT offers a wide range of services that cannot be found on the high street, including fixed line service, ADSL internet, mobile broadband and mobile phone services.

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All Alisuper supermarkets set to close by end of month

The administration board of the Algarve supermarket chain Alisuper has confirmed that the 16 remaining functioning supermarkets will be closed by April 30th, despite appeals from workers to the contrary.

José António Silva, president of the Alcoop Group, which owns the Alisuper chain, told Lusa News Agency "they will have to close before the end of April".

He said "There is no alternative but to close the supermarkets", stating it would be done "due to insolvency issues".

As of May first, the 58 currently active workers will have to join the 380 that, since the beginning of March, have gradually had their contracts suspended.

"Even though the workers do not accept the closure of the stores, we have not been allowed the appropriate conditions to restock shelves, so, therefore, the stores have become unsustainable", José Silva explained.

The 16 supermarkets that are still operational, 13 in the Algarve and three in Lisbon, are short-stocked in many products and brands, and are only authorized to purchase perishable goods, like vegetables, fresh fruit, meat, bread and dairy products.

In a general worker's meeting held on April 5th, at Alcoop's headquarters in Silves, around 500 employees gathered to show their availability to "develop any type of action plan" that will make the company viable once again and

guarantee jobs.

Originally comprising the Alcoop Group – the holding company of Alisuper, Macral and Geneco chains – were 81 Alisuper supermarkets, 70 in the Algarve and 11 in Lisbon, and in the region of 500 workers.

The Group has been in insolvency since August 2009, due to an accumulated debt of more than €80 million.

A viability plan that aims to convert the Alisuper chain as a national brand has been given the thumbs up by one of Portugal's largest private banks, Millennium bcp, but not by state-owned Caixa Geral de Depósitos (CGD), which claims to have "taken its support [of Alisuper] to the limit".

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Owner of Rottweilers handed suspended jail sentence for woman's 'murder'



Fernando Correia, the widower of the woman who was killed by four Rottweilers, talks to journalists on leaving the courthouse after the sentencing of the dog's owner on April 8th in Sintra. (Photo: Lusa / Manuel de Almeida)

Support for greater translation and interpretation rights in EU criminal proceedings

The European Commission has this week welcomed the vote on fair trial rights in the European Parliament's Committee on Civil Liberties, Justice and Home Affairs (LIBE). The Committee

supported with an overwhelming majority a high standard of protection for suspects' interpretation and translation rights in criminal proceedings, anywhere in the European Union.

The vote backs EU Justice Commissioner Viviane Reding's call for the right to interpretation throughout the entire judicial procedure, translation for all documents and a guarantee of getting

advice from a lawyer before waiving such rights.

The amended proposal must now be approved by the entire European Parliament and by EU governments.



The owner of four Rottweiler dogs which killed a woman in Sintra in 2007 has been handed an 18-month suspended jail sentence and ordered to pay €125,000 in compensation to the victim's widower after courts proved her death was caused by negligence.

A court convicted the man of murder by negligence, and ordered that he and his wife pay out €125,000 in compensation, €50,000 of which will be reimbursed by the insurance of one of the animals.

Orlando Duarte and his wife will also have to pay €1,700 in fines, for lack of a license for three of the four dogs, lack of 'civil responsibility' insurance, and lack of suitable conditions for the housing of dogs considered to be a 'potentially dangerous' breed.

On the night of March 20th, 2007, the pack of Rottweilers escaped from their owner's property. The judge affirmed that Orlando Duarte "knew the state his fence was in and that his dogs could escape to the exterior", being fully aware that the animals in question were "very dangerous".

The following morning, at around 0700, 59-year-old Ukrainian Vira Chudenko was attacked by the dogs on her way to work.

"The court is absolutely convinced" the dogs ate Vira Chudenko alive, the judge's statement read.

It continued "after being attacked, she was alive for forty minutes. They were moments of

atrocious suffering. While she remained conscious, she was subjected to enormous physical suffering and horrible pain".

On exiting the court the victim's widower, Fernando Correia, who had asked for compensation of €190,000, said the €125,000 compensation that was established by the court was "unfair".

He said "that money does not make up for the life of a person", an opinion not shared by his lawyer. "Meanwhile veterinary associations have called for the reinforcement of policing regarding owners of potentially dangerous dog breeds.

Francisco António Camacho, of the National Association for Veterinary Medics, said "the police should make it obligatory for owners to comply with the law", and suggested owners are submitted to physical and psychological examinations as well as having to be over the age of responsibility.

In Portugal at present there are currently 11,518 potentially dangerous dogs officially registered, a figure Francisco Antonio Camacho believes to be far from reality, claiming only "50 percent" of dangerous dogs in Portugal are correctly legalized.

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Controversial study ignites bullfighting debate

The long on-going controversy regarding bullfights has been re-ignited by this latest study. While some protestors defend tradition others argue a change in mentality is needed, and that an end should be put to the 'barbaric' bullfights.

In the Spanish study, veterinarian Juan Carlos Illera explains how the bull has a higher pain tolerance than most other animals. It states that in Portuguese bullfights, where the bull is not killed, it suffers much more than in so-called 'traditional' fights where the animal is killed in the arena.

The study explains how the bull produces a stress hormone – cortisol – which allows it to fight during the most intense moments in the arena, adding that the animals suffer three times more during transportation to the fight.

There has been no shortage of those protesting the findings.

In Spain, veterinarian José Enrique Zaldivar claimed in an interview for website Anima Naturalis that the study has "no scientific validity" and that there were "big loopholes in the scientific methodology", meaning "the conclusions are unbelievable".

Rita Silva, of Portuguese animal defence association Animal, considers the study proof that the "industry is falling apart" and that all means are being used to not save it.

"In Portugal we have a good example of this: there are mobile arenas that are taken to places where no one has ever seen a bull



An anti-bullfight demonstration outside Campo Pequeno on April 10th: (Photo: Lusa / Manuel de Almeida)

fight. There is desperation to find spectators", she told Portuguese newspaper *Diário de Notícias* (DN).

She also believes that in the near

future bullfights will draw to an end.

"Younger followers normally have family members associated to it", Rita Silva explained, adding

that there were an increasing number of people opposing bullfights, including politicians.

However, Culture Minister Gabriela Canavilhas, known for

being in favour of bullfights, has created a dedicated bullfighting department, something that has been widely criticized amongst anti-bullfighters across the coun-

try.

Rita Silva accused, "She acted on behalf of her personal interests, and not those of the population, as she is supposed to".

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Promotional 'culture year' in China confirmed despite crunch



Lisbon will advance with plans to stage a "Year of Portugal in China" next year despite budgetary restrictions, Foreign Minister Luís Amado confirmed at the weekend in the Chinese capital.

Minister Amado, who was capping a five-day swing through northeast Asia, said the event could "not be very ambitious" because of "financial difficulties", but that the cultural programme would be carried out as announced by Prime Minister José Sócrates in Beijing in 2007.

He downplayed the significance of China not planning a re-

ciprocal event in Portugal as it had organised in France and Greece.

"The interest in better projecting Portugal's brand and image in this great country is ours", he said.

The Chinese economy is continually growing and we want it to also be an important market for Portuguese products, language and culture".

Amado did not disclose the

budget for the 2011 event, but said preparations were underway under the coordination of Ambassador Carlos Pais.

France spent €82 million on its year-long China cultural programme in 2004/05 and Greece invested €40 million in 2007/08.

Before his visit to Beijing, Amado travelled to Mongolia and South Korea. *TPN/Lusa*

Home-loan spreads increase

Banks still seem determined in making home loans harder to acquire and have increased spreads again. At the beginning of April, two of Portugal's biggest banks, Caixa Geral de Depósitos (CGD) and Banco Espírito Santo (BES) upped their financial margins applied to the Euribor, meaning overall interest rates are now close to four percent.

State-owned bank CGD raised the rates applied to its maximum spread by 23 percent for clients of "favourable risk", or those with lower probabilities of getting into debt.

Therefore, the minimum spread for these clients went from 0.85 percent to 0.95, as the maximum went from 2.60 to 3.20.

At the same time, CGD announced another range of spreads for clients of higher risk-factors, offering a financial margin of between 1.20 and 3.85. Prior to April 1st, those figures were of 1.10 and 3.75.

BES, on the other hand, only altered its maximum spread, increasing it from 3.30 to 3.80. The minimum value remains

at 0.90.

Of Portugal's five largest banks, BES is offering the lowest minimum margin available to those looking to negotiate a new home loan. BES is followed by CGD, with Millennium bcp, Banco BPI and Santander Totta all offering a minimum spread of one percentage point.

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IRS 2009 - ODDS & ENDS Nº 4 - Tax Evasion

Successive governments in Portugal have come to realise that tax evasion is doubly destructive. In addition to the obvious loss of revenues, any ethic of compliance is completely undermined when rampant examples abound of those who cheat and remain untouched. In recent years, measures have been introduced into legislation to put under siege certain evasive strategies.

The following is a quick overview of some of these instruments. Hopefully, the message should come clearly through that we taxpayers would be wiser to use the even more abundant measures within the law to reduce legitimately our tax burden rather than resort to condemned practices that break the law.

TAX HAVENS

The Portuguese Tax System contains a number of measures (a few introduced by Law 109/8/2001 of 27th December 2001) to reduce international tax evasion

MANIFESTATIONS OF WEALTH

Principal/Secondary Residence over €250 000	20% of value of acquisition
Cars over €50 000	50% of value in the year of registration, reduced by 10% in each of the following years
Motorcycles over €10 000	
Recreational Boats over €25 000	value in the year of registration, reduced by 20% in each of the following two years
Light Aircraft	value in the year of registration, reduced by 20% in each of the following two years
Director's Loans over €50 000	50% of the annual value

This presumed income is deemed to be Capital Gains and should be reported on Annex G. **ONUS OF PROOF**

Following the principle of "innocent until proven guilty", the burden of proof has always been on the taxman to prove wrong doing. This situation now reverses with the obligation falling on the taxpayer to demonstrate that returns are complete and accurate. Those who have "champagne taste" yet only declare a "beer budget" may be called to justify their extravagance.

TAX DEDUCTIBLE EXPENSES

The expenses described below are not tax deductible for the purposes of assessing taxable income:

1. Amounts paid to entities resident in tax havens by way of interest on or redemption of, loans granted for the construction, purchase or improvement of an urban building for residential purposes;
2. Rents paid to individuals or legal entities residing in tax havens without permanent operations in Portugal, whereby such payments can be attributed, regarding leases for residential purposes, located within Portugal, except if the annual value of such rents is higher than 1/15 of the taxable value of the building.

PAYMENTS MADE TO ENTITIES RESIDING IN TAX HAVENS

The amounts relating to all

with countries with favourable tax system - named tax havens. Recently republished, these 83 countries are listed in Governmental Order 150/2004 of 13 February.

INDIVIDUAL INCOME TAX

Resident individuals who transfer their residence to a tax haven are considered to be Portuguese residents for taxation purposes in the tax year where the transfer takes place and in the four subsequent tax years, unless they are able to prove that the transfer was justified, namely to carry out a professional activity as employees of a Portuguese-resident company.

MANIFESTATIONS OF WEALTH

When conspicuous consumption patterns do not match declared income, the tax authorities now have concrete guidelines to tax the suspected offender in this category. The following table reveals the presumed income level when certain major consumer goods are acquired.

cept if the taxpayer proves that they correspond to operations which took place and are not of an abnormal character and exaggerated amount.

EARNING DISTRIBUTION

Profits obtained by a company residing in a tax haven are distributed for corporate income tax purposes, to Portuguese-resident corporate shareholders in the following way: (*irrespective of dividend distribution*) In accordance to their holdings, when these are equal or higher than 25% of the company's share capital,

In accordance to their holdings, when these are equal or higher than 10% if more than 50% of the company's share capital is held, directly or indirectly, by Portuguese-resident entities.

This rule does not apply when the company residing in a tax haven derives more than 75% of its profits from agricultural, industrial or commercial activity from the territory they reside in, or when they are not involved in banking or insurance activities. These rules also apply to individual shareholders for individual income tax purposes.

PROPERTY INCOME

When a corporation or individual entity residing in a tax haven owns an urban building in Portugal, which is not rented or used for a specific economic activity, 1/15th of the building's taxable value is attributed as property income to the entity's taxable profits for the purposes of corporate income tax.

MUNICIPAL TAX

Municipal Property Tax on immovable assets owned by entities residing in a "tax-haven" is collected at a 1% rate, irrespective of whether the asset is an urban building, construction or rural land.

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

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Parque Empresarial Algarve, Lagoa, Portugal

Lisbon hotel prices up 27 percent

The average cost of spending a night at a hotel in the Greater Lisbon Area rose by 27 percent from March to April, latest figures have shown.

According to the hotel price index compiled by Trivago, there was a marked improvement for hotels in the capital in April.

In 2009, the month-on-month increase, which is customary as summer approaches, was 13 per-

cent, less than half the increase reported this year.

Nationwide, the average price increase was fixed at 15 percent, three percent above the European average.

Overall, Portugal and Italy were

the countries which recorded the biggest price jumps in April, Trivago said. This news comes hot on the heels of the recent announcement (see **The Portugal News**, April 3 edition) that the

Portuguese capital had been voted Europe's best holiday destination for 2010 by an independent consumer group based in Brussels.

According to a survey con-

ducted by the European Con-

sumers Organisation, the Portuguese capital is the place to visit this year. European consumers interviewed by the organisation said Lisbon was top of their wish-list, and beat off competition

from destinations such as Barcelona, London, Copenhagen, Bilbao, Lyon, Amsterdam, Berlin, Prague and Helsinki, which together, and in that order, formed this year's top ten.

BPP bankruptcy no influence on national credit rating – S&P

The insolvency of small Portuguese investment bank BPP came as no surprise, says ratings agency Standard & Poor's, and does not influence Portugal's debt rating.

S&P Portugal analyst Kai Stukenbrock told Lusa News Agency earlier this week the case of BPP (*Banco Privado Português*) has been closely followed by the US-based agency and Lisbon autho-

ries have always insisted they would not attempt to rescue the bank.

Last week ratings agency Fitch told Lusa BPP's likely bankruptcy would not affect Portugal's credit rating because the investment institution was relatively small. BPP has been notified by Portugal's central bank it could have its licence revoked, normally the first step in an insolvency process. *TPN/Lusa*



Rua do Carmo in Baixa Chiado, Lisboa, on the 8th August 2008 (Photo: Lusa/António Cotrim)

Lisbon moves forward with EEZ extension bid at UN

Portugal has this week submitted technical arguments in favour of extending its maritime exclusive economic zone to the United Nations, foreseeing a decision between 2013 and 2014, a senior official said.

Marcos Perestrello, the state secretary for national defence and maritime affairs, told Lusa News Agency the expected extension of Portugal's EEZ to 350 nautical miles from the current 200 was a project of "great national relevance".

UN approval would mean "the multiplication of national territory several times and transform Portugal's (continental) platform into one of the world's largest", Perestrello said, adding that an extended EEZ contained "infinite riches", including "strong indications of the existence of hydrocarbons".

About a dozen countries stand ahead of Portugal for a UN decision, he said, forecasting that approval for Lisbon's bid would come in 2013 or 2014.

The timeframe, he added, "also takes into account the time we'll need to carry out the exploration our ocean depths".

"This is a matter of great economic importance in a not too distant period", he said.



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The 'Textilene' PVC-coated polyester mesh is incredibly strong and has been used in this fencing system for 23 years. It does not rot, fade, tear or stretch and is available in three different colours. The fact that it is very transparent helps you keep an eye on your little ones for better supervision and unsteady toddlers who happen to fall against a mesh pool fence will not be harmed by its forgiving mesh construction (visit www.protectachild.com to view the videos and Lifetime Warranty details).

The 'Quad-BILT' composite fibre-glass support posts are found to be superior to standard aluminium posts and offer superior strength, shock and weather resistance, and carry a Lifetime Warranty against both breakage and bending.

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Pool Safety Fencing uses patented Point Lock Secure Latches. These stainless steel latches were invented to prevent children from unlatching the simple safety gate hook latches which are found on most mesh fences. The Point Lock Latch, with its patented double locking mechanism, is the safest section latch available for children. It dramatically increases safety by preventing a child from unlatching the sections.

Pool Safety Fencing's self closing gates take advantage of the most reliable closing and latching mechanisms available. These are the key lockable, magnetically triggered Magna Latch and the Tru-Close self closing hinges.

Drowning and near drowning incidents happen far too often! It is called the 'Silent Death' because there is often no cry for help and very little sound from splashing. Everyone with children of their own or those who supervise children need to believe it can happen to them.

Pool Safety Fencing offer a valuable asset when it comes to helping provide a safe, enjoyable environment for children to grow up.

Decide now to choose the safer, quality pool fence for your child's protection. Contact Pool Safety Fencing for a free site inspection and quotation.

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THIS WEEK'S PROFILES



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For more information you can call Tax Angels at (+351) 289 380 048, visit them personally at their office in Vilamoura, or at their website www.portugal-tax.com.



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For more information on Pool Safety Fencing, please call John on 919 892 518 or 910 666 613, or email poolfencing@aol.co.uk.



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For more information on Dr Francis Haley, please visit <http://clinic.cdhaley.pt>, email fahaley@sapo.pt or call 21 486 30 12. The office is located in Cascais.

Centro Auditivo de Tavira –

improving your lifestyle



Created last November to cater for the needs of residents in the Eastern Algarve region, the Centro Auditivo de Tavira is a totally independent hearing aid dispensing practice that specializes in custom-made hearing aids. Kelly Roberts had been working for a hearing aid company for eight years in Portugal when she decided to set up her own business in the Eastern Algarve, realizing there was a great lack of professional service in the area, with many residents being forced to travel far to take care of their hearing. Professionally trained in the UK with many years of experience in Portugal, Kelly Roberts is committed to help you with your hearing problems, together with her colleague Pedro Martins, providing an extremely professional service in the heart of Tavira.

Using high-tech equipment for their tests, which include audiology, acoustic impedance and phonetic tests, Centro Auditivo de Tavira (CAT) make it their personal mission to enhance the quality of life of their clients. Selling up-to-date digital hearing aids and providing technical assistance on a wide range of hearing aid models, CAT offer free hearing tests, 30 day trials with money back guarantee on their hearing aids, an easy payment system (10 month interest-free payments), and free batteries for hearing aids bought at their clinic. Amongst their vast range of products dedicated to improve hearing are several ear care products, custom-made ear moulds for people working in noisy environments (i.e. musicians, pilots, construction workers, etc), hygiene accessories and much more.

Their after sales care is second to none and they are always glad to give professional advice: "Give us a call for free advice!" says Kelly. Located in the building opposite Tavira's Town Hall, Centro Auditivo de Tavira is open weekdays during normal working hours and can also make after-hour home visits in emergency situations. Speaking native Portuguese and English, with some knowledge of Spanish and French, you are guaranteed friendly service from trained professionals at Centro Auditivo de Tavira.



Centro Auditivo de Tavira

For more information or advice, please call Centro Auditivo de Tavira on 289 090663, check out their website www.centroauditivo.eu or email info@centroauditivo.eu.

If you would like us to profile YOUR business, call our Sales Manager on tel: 707 500 677

Dental treatment – What's new? What's good!

In dentistry, as in other branches of medicine, prevention has long been regarded a priority. No-one nowadays would question that children and adolescents with a controlled sugar intake diet, correct oral hygiene and regular dental check-ups can have healthy teeth and gums for life.

Unfortunately the message is not always easy to pass on. Initiatives like Portugal's Mês de Saúde Oral (free examination and tooth paste sample) are trying to improve the situation, but often a visit to the dentist is because there is a problem.



At this point a second concept, conservation, comes into play. From detection and treatment of early decay to replacing a missing tooth, new techniques and technology aim at preserving as much as possible the existing oral structures. Computerized X-rays (low radiation exposure, immediate visualization) and intra-oral cameras show in detail the ex-

tent of the damage and frequently help the patient to better understand what treatment is necessary.

Tooth coloured fillings

New filling materials - composite resins and glass ionomer cements - which stick (adhere) to enamel and dentine, not only look more natural but the preparation of the decayed tooth is simpler and conserves a maximum of tooth substance. Dentists often work with magnified vision - loops or microscope - for precise cavity shaping. If later there is renewed decay it is usually possible to treat it without removing all of the existing restoration (unlike amalgam fillings). This approach applies even when a tooth is heavily filled or has had a root canal

treatment. It is now recognized that retreatment, sometimes using rather sophisticated techniques, is often preferable to extracting the tooth and placing an implant. If you would like more information on these topics don't hesitate to contact us.

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President inaugurates Estoril Springs



Portuguese President Cavaco Silva this week inaugurated Estoril's natural springs, which reopened to the public after being closed for nearly 50 years.

The springs will reopen as an integrated part of a new international spa, offering wellbeing therapies and beauty treatments. They were officially opened in the presence of President Cavaco Silva and Cascais Mayor António Capucho.

A press release said the *Termas do Estoril* would "offer the best hydrological care, in an environment of comfort and elegance".

"The springs will be equipped with the most modern technology and infrastructures to maximize the therapeutic properties of the minerals in Estoril's water", it read.

Cascais Mayor António Capucho said that the re-opening of the *Termas* represented an important contribution to the county's tourism.

"It is with great satisfaction that I am assisting the re-opening of the *Termas do Estoril* as part of a project of high quality and that will surely regain its status as a 'tourist attraction', con-

tributing to the improvement of our tourist destination, not forgetting the role it will also carry out as a medical therapy".

Originally inaugurated in 1918, Estoril's spring baths, whose waters are believed to have first been therapeutically used in the 17th Century, were open to the general public until 1961, when the Hotel do Parque, which later housed them, was demolished.

Forty-eight years later, the Estoril-Plage partnership and Opway Real Estate have together built the 'Elements Spa' complex, which is situated next to Estoril Casino and the Congress Centre. It operates in two distinct areas, a spa dedicated to beauty and wellbeing treatments, as well as preventative or healing treatments.

Amongst others, the 34° spring waters are used as part of muscle, bone, dermatological, and respiratory treatments, and are believed to originate in Sintra.

Marquês tunnel complies with CO₂ regulations, says Council

In response to a study carried out by Lisbon's Engineering Institute, which stated that the CO₂ levels inside the Marquês tunnel were ten times above the legal limit, making it the most polluted area in Portugal, Lisbon Council has said that their figures "are impossible, as the tunnel monitors the levels constantly and excessive levels have never been recorded."

"Maybe something went wrong during the measurements."

The study showed figures of 500 micrograms of carbon dioxide per cubic metre in the tunnel's atmosphere, whilst the average measurement in Lisbon's main urban areas is around 50 micrograms.

Environmental association 'Quercus' has said that the levels of carbon dioxide in tunnels do not have to comply with levels in areas where people walk and live. "In the inside of the tunnel the same legislations do not apply, because people don't live there. We have to take into consideration what we are comparing" said Quercus' Vice-President.

Around one and a half million vehicles travel through the Marquês tunnel every month.

www.theportugalnews.com



The Estoril Springs, closed for almost half a century, reopened to the public on Monday 12th April 2010. (Photo: Manuel de Almeida/LUSA)

Carris to hold one day strike

Carris (the public transport company) employees have decided to hold a strike on 27th April after hearing that the administration has ended all negotiations for an agreement.

A statement released by the Drivers National Union (SNM) says the standstill will last 24 hours, far more drawn out than this year's only other strike, held in March, which lasted only four hours.

Their decision to protest is due to the alleged violations of an agreement signed in 2009, such as the failure of the company to comply with its obli-

gations in cases of sickness, not providing the required licences, the lack of sanitary facilities and carrying out unjustified disciplinary action. The freezing of wages in 2011, recommended by the Government to the State owned sector of the company, is also appointed as a justification for the strike.

"If, with other companies that had State owned sectors,

consensus was found with other administrations, why not with Carris? What is the real reason for this intransigency?" says the document, adding "The Union did everything for the agreement to become a reality, but it is necessary for the other party to want it as well, which, clearly, was not the case."

Lisbon's 80th Book Fair returns at the end of the month

In a press conference held last week to announce the upcoming 80th Book Fair the President of the Portuguese Association for Editors and Booksellers (APEL) Paulo Teixeira Pinto confirmed that the Fair's hours would be longer, there will be live entertainment, and an audit will be carried out to assess "the entire event, from prices to operations".

Taking place from April 29th, in Lisbon's Parque Eduardo VII, the event will run for 18 days, until May 16th and contrary to what has previously happened, this year the Book Fair will be ditching the idea of having a theme country.

Teixeira Pinto stressed he wanted to see "all rules abided by" and for this the daily audit could be regarded as a "preventative strategy".

"We don't have the conditions to have a theme-country this year, and I am of the opinion that literature is not from just one country but is universal", he said, adding that in future the only themes implemented would be conceptual.

In total 120 publishers have enrolled to take part in the Book Fair, distributed throughout 237 pavilions.

It is open from Monday to Fri-

day, from 12h30 to 23h30, and weekends and holidays from 11h00 to 23h30.

Everyday, from 21h30 there will be live music on a stage purpose-built for the event, though acts have not yet been confirmed. Debates will take place on weekdays from 18h30 and on weekends and holidays from 17h30.

Sunday mornings will be dedicated to children and younger visitors.

Ticket vendors strike snarls national rail

Portugal's state-owned CP railways tangled up on Monday with the launch of a 36-hour strike by ticket vendors to protest the government's austerity freeze on wages and plans to privatise some lines.

Union leader Luís Bravo told Lusa News Agency about 75 percent of the railway's ticket offices had closed with some 500 workers joining the action that ran through until early Tuesday afternoon.

Company spokeswoman Ana Portela said most scheduled trains were operating despite the strike with the exception of the hardest-hit regional services.

"We are managing to assure the majority of the services that were scheduled for today with the exception of some regional services" she said.

The strike was the latest in a series of public sector work stoppages this year to protest the Socialist government's belt-tightening policies. *TPN/Lusa*



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Thousands of cruise ship passengers to visit Portimão this month



View over Portimão promenade and harbour. (Photo: CMP/Miguel Veterano)

Full House for charity bingo evening

The Donkey Sanctuary's Bingo Evenings are becoming something of a 'must be at' event, a social gathering more about cheeky bingo quips and good-natured banter than star prizes, but even so there were quite a few lucky winners at the past event, which took place, as usual, at the Phoenix Nites, in Carvoeiro, last Friday April 9th.

After the trademark Chilli Con Carne or Sweet'n' Sour Pork it was all eyes down for the night-long session of bingo.

It started at its usual timid pace, but as the wine flowed, players got bolder and the quips got funnier. Around 60 people turned out for the evening's fun, including a table of 15 rowdy South Africans, and in total, including the customary raffle, raised a total of €735 to help with the Refúgio dos Burros needs.

This is added to a further €250 raised the previous week by the auctioning of a handmade chocolate Easter Bunny, by 'Chocolate Jack'.

Chris Cottis, organiser of the bingo evenings, extends thanks to Tim of Phoenix Nites, and Patsy and Keith, the dynamic duo of



Full house at the Bingo Evening at the Phoenix Nites in Carvoeiro

bingo calling, but stresses the charity is "still desperate for vol-

unteers to work a morning or an afternoon in the shops".



Thanks to its strategic location between the Atlantic and the Mediterranean, the city of Portimão has grown in importance and popularity as a port of call for international cruise operators. This month, some 4,500 cruise-ship passengers are expected to disembark in the up-and-coming destination.

Throughout the month of April Portimão will welcome eight cruise ships, carrying a joint total of 4,500 passengers, all of whom are expected to visit Portimão.

First to visit will be the Holland America Lines' 'Euromaid', on 13th of this month, which will be docking in Portimão for the first time en-route to Cadiz.

On April 19th another first-timer will be stopping off in Portimão, the 'Marco Polo' (Global Maritime), en-route to Gijón with 800 passengers and a crew of 356 on board.

On April 22nd Star Clippers' 'Star Flyer', and Seabourn's 'Seabourn Legend', will dock, followed by the elegant three-mast Sea Cloud II sailboat, belonging to Sea Cloud Cruises, on April 24th. One day later Windstar Cruises' 'Wind Star' will be returning to Portimão, on its way to Cadiz.

And last but not least, on April 27th, two more cruise ships will dock in Portimão for the first time, Ibero Cruceros' 'Grand Voyager', considered to be the

fastest cruise ship in the world, and Silversea's 'Prince Albert II', which will then carry on to Lisbon.

Fifteen cruise vessels are expected to dock in Portimão in May, bringing with them 9,500 potential visitors (passengers and crew), twice as many as disembarked in May 2009 and consolidating Portimão as Portugal's third busiest port, after Funchal (Madeira) and Lisbon.

Last year Portimão welcomed a total of 38 cruise ships and 23,588 visitors, a growth of 46 percent in relation to the year before regarding dockings and 110 percent in terms of passengers. Added to this is the weekly ferry connection between Funchal and Portimão, the Naviera Armas' 'Volcán de Tijarafé', which has so far carried an estimated 27,826 passengers.

For the whole of this year 68 visiting cruise ships have so far been confirmed, which represents a growth of 79 percent in comparison to 2009. Some 60,000 passengers are expected to disembark in Portimão, a growth of 155 percent in tourists, compared to last year.

Elderly man hands over €1,570 to conman

A 92 year old man was the victim of a scam in Alcantarilha, Silves, this week, after a man approached him near his home saying that all €20 and €50 notes had been taken out of circulation.

The incident occurred on Monday afternoon, April 12th, when the elderly man was near his home in Quinta do Rogel. A well dressed and well spoken 40 year old man approached him and said that all the €20 and €50 notes were no longer valid and that he would exchange them for new ones. After asking if the elderly man had any €20 or €50 notes at home, he said that the money would be refunded on Tuesday, with an added bonus of 20 percent.

The man went home to get his wallet and the imposter then ran away with it.

Inside the wallet were 28 €50, eight €20 and two €5 notes, a total of €1,570, according to the GNR

Déjà vu - Art shop unveiled in Ferragudo

An extraordinary variety of objet d'art goes on sale with the opening of an unusual new emporium in Ferragudo this weekend.

Angélica Padua, and her partner, the well-known Algarve artist Jerome Gay, have transformed an old adega into a retail outlet named Déjà Vu.

Exclusive items on offer will include original etchings by the French Impressionists Renoir and Cézanne. The eclectic range of other works will encompass contemporary paintings, hand-

painted tiles, sculpture, photography, period furniture, designer garments and fashionable jewellery.

Déjà Vu is situated in the heart of the old quarter of Ferragudo. It is in Rua 25 de Abril, just a few doors east of the main square. Angélica and Jerome will be hosting an opening party from 5pm to 10pm on Saturday 24th April.

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Loulé Restaurant Week starts next week



This fantastic concept came to life in New York in 1992, when a group of restaurants made quality food for a fraction of the price in order to support a noble cause. After great success in Lisbon and Oporto in recent years, Loulé is offering an exquisite gastronomic experience for €20 in 29 restaurants within the Council, from April 22nd to May 2nd.

A total of 29 fine food restaurants are participating in the first ever Loulé Restaurant Week, an event in which people can dine on superb food for only €20, €1 of which reverts to the 'Diocese de Funchal', in order to help the Madeira flood victims.

Loulé Council has been chosen

in the Algarve due to its vast quantity of quality restaurants.

At the inaugural lunch promoting the enterprise, which was held at L'Olive Restaurant in Vila Sol on Tuesday 13th April, José Borrallo, General Director of Restaurant Week in Portugal, said that it is a fantastic opportunity

for people to dine in some of the best restaurants of the region and experience new dining experiences. "We hope Portuguese, and foreigners, take the chance to enjoy some of the best restaurants in the region whilst contributing to a good cause." He insisted that "it is not like a discount week; these restaurants do not need promotion as they are already successful, they are doing it for a good cause."

Joaquim Guerreiro, Loulé Councillor for Tourism, put a great emphasis on the importance of the Restaurant Week: "Being internationally recognised, this event is a great opportunity to help the restaurant sector and promote what the Council has to offer. The fact we can contribute to a good cause makes it even better" he said, adding "We can't just promote the sun and the beach, there



Loulé is offering an exquisite gastronomic experience for €20 in 29 restaurants within the Council, from April 22nd to May 2nd

Health centre consultations rise as emergency patients fall

The number of consultations held in the Algarve's health centres rose to 1.2 million in 2009, in contrast the number of emergency cases tended to in the region's ER departments, which decreased by 419,000 incidents compared to the year before, according to the ARS/Algarve.

In a press release, the ARS/Algarve said that the majority of patients seen last year were scheduled consultations (approximately one million), with health centres having been used by close to 70 percent of the resident population.

On the other hand, the Algarve's network of emergency ER departments registered 419,187 patients throughout 2009, slightly fewer than those seen in 2008, when 422,460 emergency patients were registered.

ARS/Algarve highlighted that during last year the activities carried out by the region's

ER network were affected by incidents of the A/H1N1 Swine Flu pandemic, which in the region "caused two peaks, in August and in November".

Individually, according to the ARS, the four basic ER services in Lagos, Albufeira, Loulé and Vila Real de Santo António saw a drop in the number of people seeking assistance, falling from 186,000 in 2008 to 171,000 in 2009.

The Barlavento and Faro Hospital's ER departments, on the other hand, registered a rise in patients, with 247,000 patients being tended to; 12,000 more than during the year before.

Man who murdered brother arrested in Loulé



A 67 year old man, suspected of murdering his 64 year old brother, was arrested by Loulé's Judiciary Police last weekend.

The man allegedly shot his younger brother with a shotgun, loaded with large animal hunting bullets, last week at their mother's house, located in Loulé council. The aggressor's daughters and the mother of the two men witnessed the crime, which proved fatal for António Pedro, who was shot in his face and torso. José Manuel Coelho ran away from the scene of the shooting, but was found by Judiciary Police over the weekend.

A family problem regarding the sharing of land was the cause for the crime, and the 67 year old man is now awaiting trial.

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are other important activities for tourism, such as golf, the environment, culture and gastronomy. Gastronomy is very valuable to our tourism."

The €19 + €1 fixed three course menus do not include drinks, coffees and other extras. Reservations are necessary and each restaurant will have a set number of places per night for Restaurant Week clients, visit www.loulé-restaurantweek.com to see the menus and reserve a place in one of the 29 restaurants.

Thinking of getting married in the Algarve?



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Pinetrees celebrates 25th Anniversary

Pinetrees Riding Centre celebrates 25 years of supplying quality horse riding to clients in the Almancil area known as the Golden Triangle with various events planned during the year and one such event was held on Sunday 11th when many youngster enjoyed a fun day of 'Pony Power'.

Firstly they showed off their skills in riding classes to visiting judge Sr. Pedro Ferro. Many of the riders participating only ride when out on holiday when pony riding is the highlight of the holiday and for 8 year old Lucy Shaw this was her first time riding off the lead rein and gaining a commemorative 25th Anniversary rosette.

The little Welsh pony Eclipse impressed the spectators with his young rider, local resident Angus Mc Gough (6) who won a first prize in the leading rein class and won a rosette in the invisible jumps. His sisters are into show Jumping competing at the Vilamoura International so perhaps Angus is destined to follow in their footsteps!

For many years Pinetrees, under the leadership of owner Beverley Gibbons, has nurtured many young riders. One talented rider went on to become a member of the junior German National Dressage team! It was the showing debut for Segredo, ridden by owner Alice Goncalves (12) who presented a picture of elegance.

After the riding classes much fun was had with 'Invisible

Jumps' and Cross Bar jumping – a challenge for these young riders who took home a rosette for a clear round.

Musical chairs is a popular game and always brings out a laugh even though the competition is stiff. These events are also used to fund raise for local charities and the proceeds from the entries and catering went to help others less fortunate.

New pony to Pinetrees 'Alinta Safira' proved popular with many youngsters and this skewbald German bred riding pony was a star. Alinta completes the team of 4 ponies at Pinetrees Pony Park ensuring that kids can have fun learning on suitable, well trained ponies.

All in all, everybody had a good time and Riding for the Disabled in the Algarve was thankful for the monies received from the entries.



Ava Hill competing on Alinta Safira

Walking for Madrugada

Imagine walking about 30km every day for seven and a half days. Well that is the target that Rev Bob Bates of the St Vincent's Church and Terry Ames of Algarve Walking Experience have set themselves starting on 28 April.

The original aim was for Father Bob to make a sponsored walk along the 263+ km Algarve Way to raise funds for the Lar de São Vicente in Albufeira, a home for the mentally and physically handicapped. He asked Terry to be his guide along a route which Terry knows from experience is subject to change. But Terry decided that he would also like to raise money for a good cause and chose Madrugada, the charity set up just over a year ago to raise funds to help people affected by life limiting illness.

The walk will start on Wednesday 28 at Alcoutim then on to Vaqueiros, Castelao, Benafim, Alte, Silves, Monchique, Marmalete, Aljezur, Carrapateira, Castelejo beach and finally ending on Wednesday May 5 at Cape St Vincent. This is a tough challenge, but Terry knows it is achievable within the seven and a half days and is hop-

ing that people will join them for various sections but they must be responsible for their own transport and logistics.

Anyone wishing to sponsor Terry and raise money for Madrugada please contact the Madrugada office – tel: 282 761 375, e-mail info@madrugada-portugal.com or pick up a sponsorship form from the Madrugada Charity Shop in Praia da Luz or online at www.madrugada-portugal.com. Details of the walk can also be found on www.algarvewalkingexperience.com.



Terry Ames

Pictured right: (L-R) Antje Whittle, Maureen Yould, Wendy Webb, Lis Jensen and Carole Good-Dixon.

Vaandrager wins TOFFS competition at Ribagolfe

Infantado, 6 April 2010 - Henk Vaandrager won the second 2010 TOFFS (The Old Fogey's Friendly Society) competition at Ribagolfe with 34 Stableford points. Vaandrager, who has toiled in the trenches for eight years to finally come out on top, kept control of his game on the No. 2 course of the Ribagolfe complex. Chris Goulding took second place from Peter Dekker with a stronger back nine. Both had 33 points.

The weather was perfect, the course in top shape, and the club house served a wonderful meal, offering unusual dishes including ox-tail stew, deep-fried eels and partridge en croute! The TOFFS, started in 1999, meet about six



times a year to visit Lisbon-area golf courses away from the members' base at Estoril.

Walking in the beautiful Algarve

Wed. April 21st - Let's Walk to Monte Ruivo

A fantastic walk of almost 3 hours but very easy with no real climbs, part of the walk follows the Via Algarviana. This is an amazing 2.5 hour circular walk that will take you through unknown valleys and up onto the hilltops with great views to the sea. There is one short climb and the stream has to be crossed but there are stepping stones.

14.00pm Start - meet at the cafe Belo Horizonte, this is on the road towards the Barragem from Odiaxere. Exit A22 at Mx Grande/Odiaxere and drive into Odiaxere. In the centre at the traffic lights turn right and follow signs for the Barragem. You pass under the motorway and about 1.5km further along the cafe is off

on the right (just after a turn to the left for Colinas Verdes).

All are welcome to come along - there is no need to book (there is a charge of €5 per walk which includes a donation to charity). Please wear comfortable shoes, bring some water and a sense of humour! If you require more details please call: Julie Statham 965753033 / 922244242 or see: www.portugalwalks.com



Algarve Ladies Lunch Clubs Joint Meeting

On Tuesday, April 6th members from five of the Algarve Ladies lunch clubs gathered at the Hotel Garbe in Armacao de Pera, for a very successful lunch followed by a short formal meeting. Fifty plus members travelled from across the Algarve in order to meet and share the various activities, events and processes of their particular groups.

Following a welcome drink, and 3 course buffet lunch Carole Good-Dixon, invited speakers from the five groups to give a short talk about their specific organisation. This gave all present an idea of when and where each group meets, the philosophy of how each group man-

ages its organisation, including in several, the financial management. Some invite speakers and lunch in the same venue, whereas others travel all over the Algarve meeting in different locations each month.

Thanks to Maureen Yould from Western, Wendy Webb from As Serranas, Lis Jensen from both Central and Eastern as well as Antje Whittle from the Lunch Bunch. As a result of their involvement members are looking forward to creating an annual event that will now build on this information and for a central shared issue relating to women's concerns. Members will be kept informed of future plans.



Bike rides

As May 2nd draws ever closer, the date for our 50km ACCA Charity Bike Ride, we will be running the first of our 'training' rides this Wednesday 14th April starting at Browns health club in Vilamoura at 6.30 pm. In the weeks prior to the ACCA ride, these rides will be tailored to riders who need a bit of 'cycling fitness'. Wednesday evening rides will continue throughout the summer due to requests from weekend regulars for an extraride midweek.

Please note that the Charity Bike Ride will now leave **Quinta Shopping at 10am Sunday, May 2nd**. We are accepting registrations right up until the day, but if you would like a complimentary Polo Shirt sponsored by Quinta Properties, you MUST register before **Thursday 22nd April**. After this there will be no guarantees. Registration is €20 per rider. We are asking people to try and raise a further €30 sponsorship. But even if you can't raise extra money, we still welcome your support so come along and enjoy the day. To register e-mail: sam@accakids.com who will send you a form. For more info call her on 914665870. **Wed. 14th April ACCA Riders, Movers & Shakers**

Starting Point - Browns Health club Vilamoura. Parking in the large car park outside the club, or where you safely can do so nearby. Contact me if you need directions or have any questions. Ride Details: This will be a mostly flat easily paced ride for around an hour to an hour and a half, weather and daylight permitting. Then back to the sports bar at Browns for a quick drink or three!

Sat. 17th April - Movers

Starting Point - Faro Railway Station: Parking where ever you

can close to the Faro Railway Station. We will be catching the 09.30 train to Tavira and will cycle back from there. Lets meet here at 09.20am. Ride Details: This will be a reasonably flat ride along the Ecovia do Litoral from Tavira to Faro.

Sun. 18th April - Shakers

Starting Point - Cacela Velha: Car park just outside the village. Call Paul if you need more detailed directions. Lets meet here at 09.45 am. (My truck will be leaving Alfontes at around 09.00 am for the regulars needing a lift) Start Time 10.00 am. Ride details: This will be a fairly easy ride including some sections along the coast to Vila Real de San Antonio as well as a cafe stop.

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 9.00 am to 9.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday and return on Monday. Anyone needing transport on Sunday please let me know.

Paul Beesley, Activity Algarve, Tel: 913226954, E-mail: paul.beesley@sapo.pt, www.activityalgarve.com, Facebook: Algarve Bike Rides.



Rotary Club Estoi Palace helps Casa do Povo

The Rotary Club of Estoi Palace International arranged a charity dinner at the Estoi Palace Pousada in November 2009 attended by the Duke of Bragança, who was the guest speaker. The event was organised to raise funds to purchase and install two heating/cooling units in the main hall/activity room at the Estoi Casa do Povo (Community Centre) in Estoi.

The Club is now delighted to announce that this installation is complete and consequently creates a much more pleasant

ambiance.

In expression of their gratitude the directors of the Casa do Povo wrote 'we would like to thank you for your generous gift. Your commitment to helping our community is appreciated by all those that benefit'.

The Rotary Club has developed a close relationship with the Estoi Casa do Povo and is delighted to be able to continue its support of the local community. Further information is available by visiting our website www.rotaryestoi palace.org.

Music Hall Revue

Don't delay, book your tickets today. Remember this is a ticket only event, so you will not be able to pay at the door. This is your last chance to see the brilliant Angels Theatre Group perform the most talked about show of 2009. A fabulous night on Friday, 23rd April based around the English Victorian/Edwardian Music Hall evenings featuring, music and song, drama and comedy and, most importantly, YOURSELVES, all on St. Georges day! Doors open at 18:00hr and the curtain goes up at 19:30hr.



Come in period costume.

Twenty by twenty by twenty

Unusual and unique, one of the Algarve's most delightful art exhibitions will be opening during the weekend of April 24th and 25th at Galeria Corte-Real in Paderne.

Twenty accomplished artists have been commissioned to contribute to the show entitled, 'Perfectly Small Paintings at Perfectly Small Prices'.

Trimly proportioned at 20cms by 20cms, the paintings are as varied as the artists that present them. Four of them are from the Algarve—Jessica Dunn, Meinke Flessemann, John Lamony and Paula Will—whilst the others represent the contemporary art scene in countries as far apart as Angola and the USA. Remarkably none of the paintings costs more than 200 euros and many of them are less.

A truly eclectic collection of inspired small masterpieces, the gallery is using the opening weekend as a means of raising funds for a local charity, Casa da Paz. An entry fee of €2 will be charged and used to benefit the home that cares for mentally disabled people. Run by a committed Director, Helena Serra, it is one of several institutions that form Albufeira's Santa Casa da Misericórdia.

The exhibition continues until the end of May. Although Corte-Real is not a café, refreshments are served on the gallery's outdoor terrace. Normal opening times: Thursday to Sunday from 11am until 5pm. Signposted from Paderne, Boliqueime and Ferreiras. Tel. 918980199 & 912 737 762

Jouks Fashion Show Charity Dinner & Dance



At Quinta Fonte do Bispo (EN270, Fonte do Bispo, Sta. Catarina) on Saturday, 24th at 7.30pm Jouks Fashion Show Charity Dinner & Dance. Tickets only €15 per person include a 3 course meal plus half bottle of house wine. Call 281971484, email: info@qfontebispo.com or see: www.qfontebispo.com.

St. Andrew's Church of Scotland, Lisbon

In Scotland, near Stirling, there is a small path behind the McCraes Monument leading off the road into the moors. This leads to the site where the clans gathered to fight the battle of Sheriffmuir in 1715. The Gathering Stone is where the Duke of Argyll stood to herald the arrival of the clans from all over Scotland before the battle.

On 8th April, 1866 all those interested in the founding of a Presbyterian Church in Lisbon were called to a meeting. 70 people gathered together and formed the fledgling congregation of what is now St. Andrew's Church, Lisbon. In Rua da Arriaga, stands the Church of Scotland. The Scots two centuries ago raised money to establish a Mission Station near the docks to provide support for the Scottish seafarers passing through the busy port of Lisbon.

On Thursday, April 8 the call

to mark the founding of Presbyterianism in Portugal was answered as 76 people attended The Gathering. Among those present were the Portuguese Presbyterian Church Choir and representatives from the German Protestant Church. During the service, Rev. Graham McGeoch gave a brief summary of the history of the church and affirmed the Church's position as a Mission post for the 21st century—through dialogue with others of our faith, of other faiths and of no faith. After the service the multi-national congregation, from Scotland, England, Gibraltar, South Africa, Norway, Ukraine, USA, Singapore, Switzerland, Germany, Brazil and Portugal retired to the Church Hall where an excellent supper was served.

Services in St. Andrew's Church are held every Sunday at 11.00am and all are welcome. Visit: www.standrewslisbon.com



The Gathering Stone

Pay attention, s'il vous plaît

It is me René—Michele 'as a meeting with ze other members of ze resistance but she wants you to know that everything eez going to plan—well almost!

The problem is with my wife Edith—isn't it always—and I've left 'her in charge of the café God 'elp us—whilst I send this from our secret transmitter cleverly 'idden in a stuffed cocktail.

I don't know 'ow, but she—my wife—'s discovered that I am coming to the Algarve to 'elp Michele with 'er recruitment drive for more members of the resistance 'Vive la France' and I will be bringing my waitress Yvette—well why not—wouldn't you? I shall need 'er to 'elp me dress and undress and....well—you know. Now Edith wants to come as well and bring 'er deaf as a doorpost mother! What shall I do, what shall I do? 'ow will the clever Algarveans Theatre Group disguise my wife's awful singing voice if she bursts into song (which she always does unfortunately)?

But I must concentrate I've every confidence they will over-

come and everything will be prepared for us when we arrive at the Lagoa Auditorium on May 12th, 13th and 14th at 20.00h or 8pm if your are English.

Don't forget your entrance pass disguised as a ticket—you won't get in without it and there will be a contribution to our cause of €10 for grown-ups and 'alf for little people. There are two secret numbers to telephone 969 631 329 and 917776245 also there is a special coded contact algarvean tickets@hotmail.com so do it now and we will see you there. But remember—do not tell anybody!

Aurevoir René



Amigos do Museu Spring Fair

On Sunday, 9th May, from 12:00 to 17:00pm at the Museu Do Trajo, São Brás de Alportel. Showers bring May flowers...so that we can invite all amigos, friends, family and neighbours to come and enjoy a day out in the gardens of the museum.

As usual there will be lots to see and buy, eat and drink and a super raffle for charity. This year

our regular instructors will be organising Yoga and Tai Chi demonstrations in which everyone can participate.

Friends and artists who wish to have a stall to show and sell their work or wares contact us as soon as possible to make a reservation. First come first served. Call Vânia on 966329073 or e-mail: admin@amigos-museu-sbras.org

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House prices

SIR, Only a couple of weeks ago I was reading about there being a thousand unsold properties in the Algarve alone and yet the banner headline in this week's The Portugal News is 'Property Prices Up'. How can that be? I think I may have stumbled across a possible answer.

A while ago I was talking to someone who works for an Estate Agent. After bemoaning the stagnant state of the housing market he said "I'll never understand the Portuguese. A couple of days ago a client whose property has been on the market for over three years called in and said that he wanted to change the asking price—and he did *by increasing it by ten percent!*" Could that incentive have been the kick start the property business had been waiting for?

RON LAVERY, By e-mail

Portugal's Capital Gains Tax, EU

SIR, I write to inform your readers that Portugal's Capital Gains Tax rules on the sale of property are in Violation of the EC treaty.

The European Court of Justice recently issued a judgement in Ericka Waltraud Ilse Hollmann v. Fazenda Publica (C-443/06) finding that Portugal's differing capital gains tax treatment of residents and non residents who transfer Portuguese immovable property violates the EC Treaty principle of the free movement of capital. I am informed by a finan-

cial advisor that the law in Portugal has not yet been changed. This could well be so, however Portugal is still violating EU law. My own solicitor was not aware of this matter!

I hope this letter will alert non-resident EU citizens so that they are treated in the same way as residents and consequently do not pay more tax than is necessary.

The Portuguese government is not alone in flouting EU law. The Spanish Government have been caught charging nonresidents more than residents. Up to 90,000 Britons with homes in the sun are now able to claim up to £283 million in over paid capital gains tax. Non Spanish residents who bought properties between 2004 and 2007 are due a tax rebate.

I hope this letter will alert non-residents to the pronouncements of EU law which must be complied by Portugal.

J. FENWICK, Sobradinho de Alfeicea

Re. Golf article

SIR, I think that Christopher Stillwell (Chairman of the Algarve Golf Association) and Elíderico Viegas (Chairman of AHETA) need to reconsider their views. It was not the bad weather that kept golfers away from the Algarve (a reported 18% drop on last years figures reported in last weeks Portugal News). The rain didn't start here until 20th December 2009 by which time, anyone wishing to come here for a golfing holiday in December and

January (as reported) would have already booked their golfing holiday. The fact is that the Algarve has priced itself out of the market as far as the cost of rounds of

golf are concerned. Golfers are now looking at other markets such as Turkey for their golfing holidays.

ROD STOCKER, By e-mail

Air Force to join EU piracy fight off Somalia



The Portuguese Air Force has joined EU anti-piracy operations off the coast of Somalia for the first time starting this past Thursday, an official said.

Lisbon is providing a P-3P Orion plane, backed by a 42-strong unit of crew and support personnel, to help in Operation Atalanta's patrolling of the pirate-infested region for four months. The Portuguese Air Force unit will be primarily based

in Victoria on the Seychelles island of Mahe.

The Portuguese Navy has participated in and recently held command of a NATO fleet carrying out similar operations off the East African coast.

TPN/Lusa

President heads to Prague on business-centred visit

President Cavaco Silva, accompanied by a business delegation, headed to Prague on Wednesday on a state visit aimed to boost trade and investment ties between Portugal and the Czech Republic.

Twenty-five business leaders, representing both large companies and firms emerging in the IT sector, travelled with the president on his three-day visit which ended this Friday.

New technologies was the theme of a business seminar on Thursday in the Czech capital, a Belém Palace official told Lusa News Agency.

The Portuguese delegation was also looking for new trade and investment opportunities and at the possibility of using the Czech Republic as an opening for business in Eastern European markets. In exchange, Lisbon will offer its knowledge and contacts for business in Africa and Latin America, officials said.

TPN/Lusa

Portuguese for Beginners

Emília Rosendo

166

THIS LESSON:
Apesar de ...
(Although/ Despite)

A: ↳ O dia está muito agradável. Eles ficam em casa. ↳ (It's a pleasant day. They stay at home.)
↳ Apesar de estar um dia muito agradável, eles ficam em casa. ↳ (Although it's a pleasant day, they stay at home.)

B: ↳ A greve/ Houve autocarros suficientes. ↳ (The strike/ There were enough buses.)
↳ Apesar da greve, houve autocarros suficientes. ↳ (Despite the strike, there were enough buses.)

6. Ele nunca pratica desporto. Ele tem um corpo atlético.

7. Ele está frequentemente sozinho. Ele tem muitos amigos.

8. Ele dorme poucas horas. Ele está sempre bem disposto e relaxado.

② Write sentences as in B above by matching the numbers on the left with the letters on the right.

A tempestade	a) O bebé dorme tranquilamente.
O vento	b) Os adeptos parecem contentes.
A crise	c) As janelas estão todas fechadas.
O aviso	d) Eles vão passar férias no estrangeiro.
O barulho	e) O piquenique foi muito agradável.
A proibição	f) A roupa secau no estendal.
O talento	g) O motorista continuou a viagem.
A derrota	h) Um automobilista estacionou no local.
O cansaço	i) Poucos o conhecem.
A chuva	j) Os jovens tomaram banho no rio.
O frio	k) As janelas estão todas abertas.
O calor	l) O avião descolou.

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emilia Rosendo at The Portugal News and I will return them corrected. The Portugal News • Apartado 13 • 8401-901 Lagoa. To view/download past lessons go to: <http://www.epaper.theportugalnews.com>

No Portuguese among quake victims

The Portuguese embassy in China has received no word of Portuguese or other foreigners among victims of the massive earthquake that rocked a remote north-western province on Wednesday, said Ambassador Rui Quartin Santos.

TPN/Lusa

Hospitals receive nearly 100 complaints a day

According to a recent study, nearly 100 complaints are made to the national health service (DGS) every day regarding the quality of service (or the lack of) in hospitals.

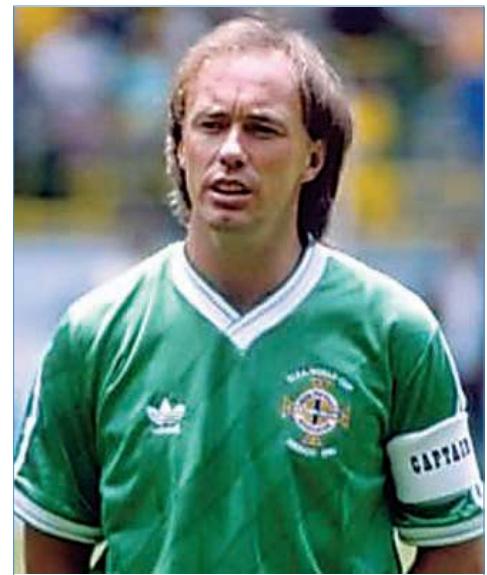
The majority of complaints are due to long waiting times. In relation to 2008, last year the number of general complaints made to the DGS rose by 13 percent, a total of 52,779, 32,000 of which related to hospitals. Thirty-eight percent of the complaints were caused by long waiting times.

In response, health chiefs have said that patients are nowadays "more demanding".

This data is part of a report published yesterday by the Health Activities General-Inspection Board (IGAS), which indicated that health services received approximately 140 complaints every day, 90 of which involved hospitals.

And while the majority of complaints are about waiting times, nearly half are about doctors, though only in 30 percent of those cases is the doctor identified.

Former Manchester United star in The Algarve



The Manchester United legend is in Tavira.

'An Evening with Sammy McIlroy' at the Hotel Porta Nova, Tavira on Monday 24th May at 8.30pm

Sammy played over 400 games for Manchester United and was the last of the Busby Babes to be signed by Sir Matt. He made his debut for United in 1971 at the age of 17. Sammy was capped 88 times for N.Ireland, played in two World Cups and three FA Cup Finals. The evening is a must for all football fans, hearing Sammy recall memories of playing alongside legends such as

George Best, Pat Jennings and Martin O'Neill. He talks about his life at the highest level of international football through to the current time as manager of 2nd division Morecambe. The interview session is followed by Questions & Answers opened up to the audience. Tickets are available from Skippers Tavern, Tavira (near the train station) or by calling 962 572 687 or e-mail: g.all@hotmail.co.uk. There is an afternoon session with Sammy in Albufeira but due to demand there are only a few tickets left.

Opportunity at Katyn

Then the Russian prime minister, Vladimir Putin, whose early career was spent in a later, tamer version of that same secret police force, does something remarkable. He tells one of the main Russian TV channels to show Polish director Andrzej Wajda's 2007 film "Katyn" in prime time. It's more than an apology. It's a national act of penance.

And after that, the speculation starts about whether this tragedy might be the way that the two great Slavic nations, Russians and Poles, are finally reconciled.

Poland's historic tragedy was to be located between Germany and Russia. Twice the country vanished entirely, partitioned between its more powerful neighbours – and the enduring symbol of the latter partition is the Katyn massacre of 1940.

When Hitler and Stalin invaded Poland in 1939, dividing Poland between them, 22,000 Polish officers fell into the hands of the Soviet Union. Some were professional soldiers, but most were reserve officers who in civilian life had been lawyers, doctors, university professors: the country's intellectual elite. Stalin had them all murdered in 1940, one at a time, by a bullet in the back of the head. That's what happened in Katyn forest.

Stalin's aim was to "decapitate" the Polish intelligentsia and make the absorption of eastern Poland into the Soviet Union easier, but Hitler betrayed and attacked his ally in 1941. When the invading German troops reached Katyn, they found the mass graves of the Polish officers and invited international observers to examine the site. That was when the Great Lie was launched.

Moscow insisted that it was the Germans, not the Russians, who had massacred the Polish officers. The US and British governments backed the Soviet story (though they suspected it was a lie), because Stalin was now their ally in the war against Hitler. Only after 1945 did they question it.

In the Soviet Union and Communist-ruled Poland, The Lie was the only permitted version of the story until 1989. Only in 1990 did Mikhail Gorbachev, the last Soviet leader, finally admit that the

murders were done by the Soviet secret police, but the Russian public never really had their noses rubbed in the truth.

Whereas for Poles, Katyn is the central symbol of how the country was attacked by its neighbours and then betrayed by its allies. Since it was Russians who committed the actual crime, and Russian Communists who still kept Poland in semi-colonial subjection until 1989, Russians were seen as the worst enemy of all.

So the 70th anniversary of the Katyn massacre this month was a fraught event. Prime Minister Putin invited his Polish equivalent, Prime Minister Donald Tusk, to attend a memorial ceremony there, but President Lech Kaczynski was not invited. Tusk would settle for a vague expression of regret, whereas Kaczynski was an old-fashioned nationalist who wanted the Russians to apologise on their knees.

Tusk came, and Putin duly expressed his sorrow for the "victims of Stalinist terror," but he didn't even mention the word "Poles". Great states never really apologise, you know. Kaczynski, enraged, basically invited himself to another ceremony three days later, and brought half of Poland's political, military and journalistic elite with him.

Putin realised that something more was required, and showed up at Katyn again to meet him. When the news came through that Kaczynski's plane had crashed, he looked utterly stricken. Finally, the grim reality of the place and the occasion got through to him.

Now the apology was real and specific. Now Wajda's harrowing film on Katyn, previously only seen on a specialty channel, got a prime-time broadcast on Russian TV. Now Russians finally get why the Poles don't trust them – and most of them have responded with regret, not denial.

The wave of sympathy in Russia for Poles past and present is genuine, and they can even feel it (with some astonishment) in Poland. These moments are rare, and they don't last long. If you want to make the future different from the past, you have to act fast.

The Russian president, Dmitry Medvedev, has announced that he is going to Poland for President Kaczynski's funeral. Before he goes, he should look at one photograph.

It was taken in 1984 on the First World War battlefield of Verdun, where a quarter-million French and German soldiers died in 1916. By 1984 France and Germany were in the European Union and NATO together, but after three wars in a hundred years they were still not really friends.

Then President Francois Mitterrand of France and Chancellor Helmut Kohl of Germany went there to commemorate the 70th anniversary of the First

First, a tragedy that almost sinks beneath the weight of a huge historical coincidence. A plane carrying the political and military elite of today's Polish society crashes, killing everybody aboard, while bringing them to Katyn forest to commemorate the murder of a previous generation of the same elite by Stalin's secret police in 1940.



People light candles and lay flowers outside the building in Warsaw's Czerwonego Krzyza Street, where the Polish Presidential Couple lived, before moving to the Presidential Palace, 12 April 2010, two days after the tragic plane crash in Smolensk, Russia, killing the Polish President Lech Kaczynski, passengers and crew. Also onboard the plane were a large group of leading Polish state officials and politicians on their way to attend the ceremonies marking the 70th anniversary of the Katyn massacre when some 22,000 Polish officers, uniformed servicemen and intellectuals were executed by the Soviet NKVD in the Katyn Forest. (Photo: EPA/Tomasz Gzell, Poland)

World War. Looking out over the killing fields torn up by forty million artillery shells, they did the only thing they could. They held hands – and Franco-German relations were changed for good.

If Medvedev can find a way

to do something as simple but as powerful as that, he could turn the page and start a new chapter in Russian-Polish history. Right now, people are ready for that.

Kaczynski's funeral will be in Krakow on Sunday.

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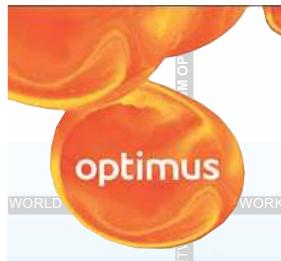
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Compact quality

French automaker Citroen's C3 is now a much sharper and a better riding car. It might have taken a little time but with each successive model, Citroen is proving that it hasn't lost the knack of making attractive-looking and enjoyable to drive cars.

The French firm's second generation C3 compact hatchback joins the recently launched C3 Picasso mini people carrier and C5 family hatch - all of which proudly display Citroen's bold chevron-inspired nose and bold curves.

And while this C3 retains its predecessor's 2CV-like profile, everything else is different. The lights - front and aft - are glossy and expensive-looking just like the C3 Picasso's. There's also a general feeling of improved quality everywhere you look; from the exterior panel gaps and aforementioned lights to the completely redesigned interior, this is no bargain basement supermini. Oh, and it can be had with a big windscreen - a really big windscreen.

It's a cost option but this 'Zenith' windscreen' finishes behind

your head, giving you an incredible view both forward and overhead. There's a sturdy sunblind to ensure you don't get burnt, and the extra light adds to the already airy cabin ambience.

Okay, so it won't be a deal breaker for many buyers, but the screen's existence is proof that Citroen once again feels confident enough to think outside the (tin) box.

This newfound emboldened attitude is evident everywhere in the C3's cabin. The overall level of quality has been greatly improved, with the end result an experience more akin to that of something from the class above.

Gone are the fiddly controls and hard plastics of old, replaced by smooth contours, classy switchgear and a welcome feeling of solidity. The car's chunky main controls and easy to read in-

struments are a delight to use, and there are no complaints regarding the comfortable and supportive seats.

Staying on the comfort theme, the car might not have grown in size like many of its rivals but Citroen's engineers have found more cabin space - rear legroom is better and everyone should feel more comfortable on long journeys. The same is true at the back, with the car's boot a useful size and the split/ fold function no doubt a welcome feature for an active and growing family.

The C3's engine range has also matured. It now offers a useful choice of petrol and diesel units - including the now essential 99g/km CO2 diesel motor. Five-speed manual gearboxes are standard issue on all bar the flagship diesel (it gains an extra cog), and the performance from the two sampled engines (1.6 VTi petrol, 1.6 HDi diesel) is worthy of some serious praise.

Never previously regarded as a car that delighted enthusiastic drivers, this C3 is now a much sharper, more willing and easily

a better handling and riding car. Nowhere is this more obvious than at speed; while not a supermini's usual habitat, motorways can be tackled with confidence while twisty backroads are should raise a smile or two.

With ample storage space for your drinks, bottles, mobile phones and assorted clutter, the C3's cabin is not only well screwed together but also practical. Clearly lessons have been learned from its bigger brother the C3 Picasso people carrier.

The same is true when it comes to creature comforts. If corners have been cut, Citroen has worked hard to hide them. All the usual safety kit is present for a car in this class, while you won't be lacking anything to make the journey fly by - even in the entry-level VT trim. A fully-featured audio unit combining satnav and a mobile phone connection plus other useful items - in-

cluding the extended windscreen - make personalising the car easy.

If you're interested in making economy savings, Citroen is promoting one trim level in particular: Aircross. Partnered with a special version of the firm's 99g/km CO2 1.6-litre diesel, this car boasts a few added aerodynamic tweaks plus other eco-friendly changes to achieve its impressive low emissions figure.

Citroen might be keen to focus your attention on the C3's mammoth windscreen but there's so much more to this thoroughly enjoyable supermini.

Displaying a vastly improved ability to impress on the road and an aura of quality not seen in it's maker's small cars for some time, the C3 is a great all-round package. Whether you're upgrading from something smaller or downsizing and want to retain all your creature comforts, there's something for everyone.



Modified Porsche Panamera to be built in Portimão

World-renowned Italian company N.Technology signed a contract with Parkalgar and Portimão Council last week which foresees the construction of an N.Technology factory at the Algarve MotorPark's Technological Park, which is intended to be the company's headquarters in the future.

tunity for our company, which is celebrating its 20th anniversary. I am certain it will be a profitable deal for all parties and I would like to thank the Algarve MotorPark, Portimão Council and our partners in Portugal, Paulo Ferreira and Nuno Couceiro for the finalising of this venture."

The construction of the custom built 3,700 square metre infrastructure is Portimão Council's responsibility, in line with the Council's strategy to promote investments in

the region, with the Italian subsidiary paying rent for the space. "The race track cannot survive with only sport events, it

must also focus on attracting investments" said Manuel da Luz. The Mayor also said that N.Technology's involvement "is a very interesting start for the Technological Park" and is sure this investment will attract others: "Investment attracts investment and the Council supports enterprises like this."

Construction of the factory is planned to begin in June this year and should be completed within eight months, according to the Mayor, representing a total investment of around €3million. Besides the factory, equipped with a wind tunnel, assembly and production lines, N.Technology will be creating the competition team's headquarters, a commercial department and a driving school. It is estimated to be hiring 25 workers initially, which could grow to 50 in a short space of time. The company's contract lasts until 2026. *Tommy Broad*



in sight, we are putting the Technological Park into action with N.Technology, world renowned for transforming racing vehicles." The company's first project at hand is the production of a competition model of the Panamera S, the first time Porsche is allowing a third party to develop a competition model of their vehicle. The modified Porsche Panamera S will be competing in the Superstars Championship, with the vehicle's inaugural race taking place at the Algarve MotorPark on May 23rd. "The Panamera is our new project and we are very focused on that, for the Superstars" said Mauro Sipsz, adding that the company currently has other projects on line, but it's "too soon to mention names, however we are in contact with three major international companies." The N.Technology Chairman is very pleased with the project "It is an excellent oppor-



Paulo Pinheiro (L), Manuel da Luz (centre) and Mauro Sipsz (R) sign the contract for the construction of the N.Technology factory at the Algarve MotorPark. (Photo: Tommy Broad)

Model: Citroen C3 1.6 HDi 90 Exclusive, from €22,850.00

Engine: 1.6-litre petrol unit developing 90bhp

Transmission: 5-speed manual transmission delivering power to the front wheels.

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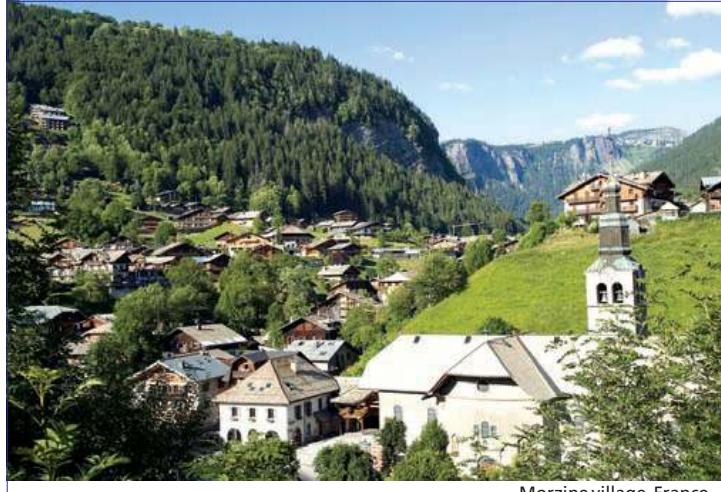
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Find inner peace in the



Morzine village, France.

Enjoy the snow tipped peaks, azure skies, crystal clear streams of the French Alps in August.

Our mountain guide must have lost the plot. Here we are in the French Alps on a perfect August day, snow tipped peaks glinting under azure skies, crystal clear streams carving through carpets of green pastures, a chorus of twittering birds, clicking crickets and tinkling cow bells.

However, Cathy Gallioli is telling us to close our ears and eyes to the wonders around us while we learn to walk. Learn to walk?

Haven't we managed that already? This is no ordinary uphill hike. We are to master the art of 'conscious walking' - a sort of mobile meditation in the mountains.

Morzine is a charming French Alpine year-round resort, with varied summer attractions which often draw almost as many visitors as the vast Portes du Soleil ski area, which lures keen pistebashers every winter.

Although mountain biking and

hiking are major summer attractions, the Zen weeks which it hosts every summer and spring are becoming a major draw, too.

Forget about chanting, om-ing and high altitude yogic flying. This is more of a down-to-earth approach to meditation through walking. And, without exception it puts a spring in our step while eliminating the huff, puff and weariness of the long-distance hiker.



Aiglon de Morzine

Conscious walking requires concentration, and while you concentrate on the mechanics of each step and each breath, you leave everyday worries and concerns behind. We learn to listen to our bodies and tread softly to avoid jarring. We don't rush. The walk itself is our only goal, not how fast we've 'attacked' the steep slope. This novel approach is good news for hurried town-dwellers who are forever rushing from A to B.

Nomadic tribes as far afield as Afghanistan and Kenya can teach us a thing or two about walking. Their breathing techniques allow their bodies to be efficiently oxygenated so they can walk better, for longer, and without tiring.

It works. You are so busy concentrating on matching your breathing - always through the nose so there's no gasping and heaving of chests - to your strides that the ground just flows beneath you as if riding a travelator. That's while you are still in the

car park at the start, and on the level.

Our group - including a hotelier, teashop owner and teacher - kicked off our shoes on the grassy bank of a gurgling stream to prepare with 20 minutes of Qi Gong, an ancient form of Chinese exercise like static Tai Chi.

Our teacher Jocelyne Huet, an acupuncture practitioner, instructs us to visualise absorbing the energy of the mountains. We calm our bodies with every breath, as roughly translated, Qi Gong means breath effort.

We inhale the fragrance of fir trees. We stretch, we bend, we hold invisible energy balls in front of our chests. We close our eyes. We are tranquil. A blur of mountain bikers wobble in wonder as they hurtle by - Morzine is a mecca for mountain biking, and also lies on the official Tour de France 2010 route.

Then Cathy, a beacon in turquoise and orange, leads us in single file up a stony mountain track.

We are under instructions to ignore the stunning sights and sounds of the mountains, and instead focus on pacing our breathing. We don't chatter, but take regular rest breaks for water, until eventually we're allowed to take in the majestic mountain scenery and chorus of birdsong and bleating goats.

The key to conscious walking is being mindful of each step, says Cathy. We take short, soft strides, aware that heavy footfalls jar the body. We try to relax our legs between the steps, clearing the mind as we heed the sensations of the body.

"You learn to leave the big rocks of worry behind you," says Cathy, 43, who fell in love with the mountains at eight, and has been a guide for 15 years. She and her paragliding husband have two teenage children, and a seven-year-old daughter. She walks with them, and her 84-year-old mother, too.

"When you are concentrating



Mines d'Or lake, France.

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French Alps

on your walking you are out of your everyday mind, not thinking of working on your computer, housework or personal family problems. It's very calming.

With our busy, stressed lives, this walking makes us in the moment. It's a way of de-cluttering, of washing everything from the mind."

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Pictured: A view of Morzine in the summer, and below: colourful blooms in Morzine.

No de-stressing holiday - or "distressing" holiday, as my French colleague insists on calling it - would be complete without a spa visit, preferably two.

A Swedish steam bath combined with a head and face massage at *Massage du Monde*, followed by four-handed body massage - performed, not by half an octopus, but by two therapists - has me weak at the knees.

A body-scrub and organic body treatment at *Cocon au Pays des Locons* sends me to seventh heaven. In a waft of aromatic aromas I emerge into the heart of Morzine, with its traditional timber Savoy architecture and window boxes groaning with blooms.

I am at one with nature, and so relaxed that after dining on a typical dish of grilled pork and potato dumplings, I chill out on my sun-turned-moon terrace, lying back on cushions as shooting stars whiz across the blue-black sky.

Then, it's back to reality, and

a return to my humdrum town life. I feel de-cluttered, relaxed, refreshed, de-stressed, energised, and determined to employ my newly-learned techniques on daily walks to the bus stop. I don't notice the distance, and I can blot out the grey suburban landscape of pebble, dashed semis and the sound of police sirens. I don't even fret when I miss the bus.

When you come down to earth from Planet Zen there are plenty of other things to try in this delightful spot: The ice rink, a couple of cinemas, and restaurants with sun terraces. And if you still have energy to burn after a day on the slopes, try a Morzine specialty - night skiing, every Thursday.

Travel facts

Gill Martin stayed in Morzine as a guest of Erna Low, which offers winter holidays to the town from £251/€284 per person (foursharing self-catering accommodation) at the Aiglon de Morzine. Eurotunnel crossings

can be added to the Erna Low self-drive package.

Return easyjet.com flights into Geneva start at £40/€45 ex-London and Manchester.

Erna Low reservations tel: 00 44 (0)845 863 0525 and www.ernalow.co.uk.

Massage du Monde: www.spa-massage-morzine.fr.

Un Cocon au pays des Flocons: www.uncoconau pays des flocons.com.

desflocons.com.

Morzine's Zen week activities, including tai chi, qigong, yoga plus Afghan, conscious and Nordic walking, cost from £8-14 (£6.50-£12.50).

Crystal Ski offers seven nights' self-catering at three-star apartment in Morzine from £389/€441, including return flights ex-Gatwick and transfers.

Gill Martin



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NORTH

DAILY

PORTO

Casa da Música
guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2. Free for children under 12 - 120 120 214 Avenida da Boavista, 604-610 - www.casadamusica.com

PORTO

Serralves Foundation
Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectural spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

April 16

PORTO

Concert 'Between Waves' by David Fonseca - Ticket prices: From €23 to €27 - Coliseu do Porto - 11h30 - 707 234 234

April 17

GUIMARÃES

Concert by The Soaked Lamb - Café Concerto de Centro Cultural Vila Flor - 24h00 - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

PORTO

Concert 'Sétimo Fado' by Joana Amendoeira - Ticket prices: From €10 to €25 - Coliseu do Porto - 11h30 - 707 234 234

Until June 13

PORTO

Concert by Orquestra Nacional do Porto Christoph König (conductor); Martin Grubinger (percussion) - 18h00 - Sala Suggia of Casa da Música - Dinner + concert: €30 - 220 120 214

PORTO

Concert by Christian Muthspiel Trio Christian Muthspiel (trombone, piano), Franck Tortiller (vibraphone), Georg Breinschmid (contrabass) - 22h00 - Theatre 2 of Casa da Música - Dinner + concert: €22 - 220 120 214 www.theportugalnews.com

April 18

MATOSINHOS

Concert by The Supervisor - 17h00 - Fnac Shopping on Avenida Óscar Lopes - www.fnac.pt

April 23

PORTO

Concert by Sonic Youth - Ticket prices: From €22 to €30 - Coliseu do Porto - 11h30 - 707 234 234

April 24

PORTO

Magic of the Dance - Ticket prices: From €15 to €40 - Coliseu do Porto - 11h30 - 707 234 234

April 24 to June 27

GUIMARÃES

Exhibition by Fernando Brito - Palácio Vila Flor - Price: €1 (€0.50 w/ discount) - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

April 25

PORTO

Concert Promenade - Classic Music/Opera - Coliseu do Porto - 11h30 - 707 234 234

April 29

PORTO

Concert by Ney Matogrosso - Coliseu do Porto - 22h00 - Ticket prices: From €20 to €50 - 707 234 234

Until June 13

PORTO

Exhibition by Lourdes Castro and Manuel Zimbro: À Luz da Sombra' (Shadow Light) - Serralves Museum - Rua D. João de Castro, 210 - 226 156 584

July 16

VILA NOVA DE GAIA

Placebo in concert - Festival Mares Vivas '10 - Tickets: See info at bottom of page

July 17

VILA NOVA DE GAIA

Ben Harper in concert - Festival Mares Vivas '10 - Tickets: See info at bottom of page

July 18

PREVIEW



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CENTRE

DAILY

LISBON

Mercado da Ribeira

On the riverfront, this popular market is the Coolest Place in Town - Crafts, events, gastronomy - Av. 24 de Julho

National Coach Museum
Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family - Open from 10h00 to 17h30 (Closed Mondays) and public holidays) - Praça Afonso de Albuquerque - 213610850

LISBON

Oceanarium

Spectacular design by Peter Chermayeff, it is one of Europe's biggest oceanarium - Park of Nations - 10h00 to 18h00 - 218 917 002

Influxcontemporary
A museum dedicated to African Contemporary Art - Open from Wednesday to Saturday from 14h00 to 19h00 - Rua Fernando Vaz, 20B - T. 918 501 234 - www.influxcontemporary.com

CASCAIS

Cascais Cultural Centre - Concerts, shows, exhibitions, & other events. - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

ESTORIL

Casino Estoril - Praça José Teodoro dos Santos - 214 667 700 - info.estoril@estoril-sol.com

Until April 17

LISBON

Mitch Sebastian's 'The Opera Show'
Oceanos Auditorium of Casino Lisboa - 21h30 (Saturday also at 17h00) - 218 929 000

April 18

LISBON

Magic of the Dance
Coliseu dos Recreios - 20h30 - Rua das Portas de Stº Antão, 96 - 213 240 580

April 22

LISBON

Sonic Youth - Coliseu dos Recreios - 21h00 - Rua das Portas de Stº Antão, 96 - 213 240 580

DAILY

LISBON

Promenade Concerts Cycle

'Musics of the World' by the Orquestra do Algarve - 24th April: 22h00 at Centro Cultural de Belém (Small Auditorium) 'Dias da Música em Belém' (Music Days in Belém) - Works by: Leonid Chizhik - Conductor: Osvaldo Ferreira - Soloist: Leonid Chizhik (Piano) - 25th April: 19h00 at Centro Cultural de Belém (Grand Auditorium) 'Dias da Música em Belém' (Music Days in Belém) - Works by: Sérgio Azevedo, Manuel de Falla; Conductor: Osvaldo Ferreira; Soloist: António Rosado (Piano) - Tel: 703 303 000

April 24 & 25

April 29

LISBON

Alicia Keys presenting her new album 'The Elements of Freedom'

Sala Atlântico of Atlantic Pavilion - 20h00 - Tickets: See bottom of page.

May 1

LISBON

Musical Vila Moleza live

Atlantic Arena of Atlantic Pavilion - 11h00/15h00/19h00 - Tickets: See bottom of page.

May 13 to 16

LISBON

Béjart Ballet Lausanne / Ballet for Life

Original choreography by Maurice Béjart - Coliseu dos Recreios - May 13 to 15 at 21h30; May 16 at 16h00 - Rua das Portas de Stº Antão, 96 - 213 240 580

May 21 to May 30

LISBON

Rock in Rio - Performing are artists like Shakira, Elton John, Muse, Miley Cyrus, Amy MacDonald, D'ZRT - Tickets: See bottom of page.

May 30

LISBON

Black Eyed Peas Concert

Cheryl Cole opens the concert - Estádio Nacional - Tickets: See bottom of page.

www.theportugalnews.com

LISBON

Concert with Capsula and Livingparades at Espaço Jovem at 21h30 - Free admission - www.capsula.org

May 20

LAGOS

Concert by the Orquestra do Algarve at the Cultural Centre at 21h30 - 282 770 450

SOUTH

Daily

LAGOS

Charity Shop in Amádena

Charity Shop in what was old supermarket on the square past 'Brody' and 'O Pogo' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

April 17

TAVIRA

Potato Bake + Quiz

7pm at Stº. Estêvao, Tavira in aid of the Canil São Francisco, Loulé - Organised by the Tavira Fund Raisers - To book contact Cynthia on 281 324 795 or email diane@seads.com - Our recent bazaar raised €450.27 - Many thanks to our loyal supporters.

ALMANCIL

Blood Drive from Mobile Unit at Apolónia Supermarket Car Park - From 10h30 to 13h00 and from 14h30 to 18h00

April 23

ALMANCIL

Blood Drive from Mobile Unit at Apolónia Supermarket Car Park - From 10h30 to 13h00 and from 14h30 to 18h00

April 24

FERRAGUDO

Exhibition - All artlovers are welcome to attend the opening of a new arts emporium in Rua 25 de Abril, just off the main square in Ferragudo, any time between 5pm and 10pm.

April 27

FARO

Concert 'Musics of the World' by the Orquestra do Algarve - Teatro das Figuras (Only for the School Community) Pedagogical Concerts Cycle 14h30 - EN 125 - 289 888 110

Until April 29

LOULÉ

Painting Exhibition Maria Baptista at Chá d'Arte art gallery - Largo D. Pedro I, 5-6

April 29

LOULÉ

Liza Silva invites you to the Gallery Studio 21 April Exhibition "Number" by the Algarve Artist Network - The Atelier Gallery studio 21 is situated within the walls of Historic Loulé's arte district aliza@gallerystudio21.com

Until May 8

LOULÉ

Exhibition 'Intervalo/Nothing' by Daniel Barroca at Convento Espírito Santo art gallery - R. Vice Almirante Cândido dos Reis - 289 400 642

Until May 12

SÃO BRÁS DE ALPORTEL

Exhibition 'Lightbox' by Gabriel Colaço at Zem Arts - Armazéns do Arte - Open: Daily except Thursday from 13h00 to 22h00 and Friday and Saturday from 13h00 to 1h00

Until May 13

ALMANCIL

Exhibition by Karsten Fuge 'Objects, watercolours and oil paintings' - Inauguration of the exhibition is at 19h00 - Centro Cultural São Lourenço - 2859 395 475 - ccsl@iol.pt

Until May 23

ÉVORA

Paula Rego 'The Manuel de Brito Collection' - Fórum Eugénio d'Almeida - 266 748 300

Until June 13

ÉVORA

Exhibition 'Oriental Weapons. Rituals of Power' from Jorge Caravana's Collection - Évora Museum - 266 702 604

Events may be cancelled, delayed or fail to live up to their billing. Send your events to copy@theportugalnews.com by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt **Phone numbers:** Ticketline 707 234 234 / 707 780 000

ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
15 APR-21 APR

1 **How to Train Your Dragon**
Dragon - Animation PV
(10.30 Sat & Sun) 13.10-15.25-17.40-19.55

Dear John
Channing Tatum, Amanda Seyfried
22.10 (00.35 Fri & Sat)

2 A Single Man
Colin Firth, Julianne Moore
14.15-16.35-18.50-21.10 (23.40 Fri & Sat)

The Princess and the Frog
Animation PV
(10.10 Sat & Sun)

3 From Paris With Love
John Travolta, Jonathan Rhys Meyers
13.05-15.15-17.25-19.40-21.50 (00.05 Fri & Sat)

Cloudy with a Chance of Meatballs
Animation PV
(10.20 Sat & Sun)

4 The Last Song
Miley Cyrus, Liam Hemsworth
(11.55 Sat & Sun) 14.10-16.25-18.45-21.00 (23.20 Fri & Sat)

5 Clash of the Titans
Sam Worthington, Liam Neeson
(12.00 Sat & Sun) 14.20-16.40-19.00-21.20 (23.55 Fri & Sat)

6 Date Night
Steve Carell, Tina Fey
(11.15 Sat & Sun) 13.20-15.25-17.30-19.35-21.40 (23.45 Fri & Sat)

7 Green Zone
Matt Damon, Greg Kinnear
13.50-16.20-18.55-21.30 (0.10 Fri & Sat)

Alice in Wonderland
Johnny Depp, Mia Wasikowska
(11.25 Sat & Sun)

8 The Blind Side
Sandra Bullock, Quinton Aaron
(11.00 Sat & Sun) 13.45-16.30-19.15

The Crazies
Timothy Olyphant, Radha Mitchell
22.00 (0.20 Fri & Sat)

9 Law Abiding Citizen
Gerard Butler, Jamie Foxx
(12.05 Sat & Sun) 14.30-19.20-21.45 (00.15 Fri & Sat)

Dear John
Channing Tatum, Amanda Seyfried
16.55

CASTELLO LOPES CINEMAS
ALGARVE SHOPPING
TEL: 707 220 220
15 APR-21 APR

1 Green Zone
Matt Damon, Greg Kinnear
13.05-15.40-18.10-21.20 (23.50 Fri & Sat)



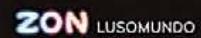
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www.uciportugal.pt



Zon Lusomundo
Cinemas

Tel: 707 24 63 62
www.zonlusomundo.pt

2 How to Train Your Dragon 3D
Animation PV
12.50-14.55-17.00

Clash of the Titans 3D
Sam Worthington, Liam Neeson
19.10-21.35 (00.05 Fri & Sat)

3 Dear John
Channing Tatum, Amanda Seyfried
13.40-15.55-18.35-21.00 (23.30 Fri & Sat)

4 The Blind Side
Sandra Bullock, Quinton Aaron
12.55-15.30-18.20-21.10 (23.45 Fri & Sat)

5 From Paris With Love
John Travolta, Jonathan Rhys Meyers
13.25-16.10-18.40-21.45 (0.15 Fri & Sat)
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Date Night
Steve Carell, Tina Fey
13.00-15.05-17.10-19.15-21.40 (00.10 Fri & Sat)

6 The Last Song
Miley Cyrus, Liam Hemsworth
13.10-16.00-18.30-21.25 (23.55 Fri & Sat)

7 Clash of the Titans
Sam Worthington, Liam Neeson
13.30-16.20-18.45

Alice in Wonderland
Johnny Depp, Mia Wasikowska
21.30 (00.00 Fri & Sat)

8 The Last Song
Miley Cyrus, Liam Hemsworth
13.10-16.00-18.30-21.25 (23.55 Fri & Sat)

9 Law Abiding Citizen
Gerard Butler, Jamie Foxx
13.20-15.50-18.15-21.15 (23.40 Fri & Sat)

CASTELLO LOPES CINEMAS
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15 APR-21 APR

1 Clash of the Titans
Sam Worthington, Liam Neeson
13.40-16.00-18.30-21.30 (23.50 Fri & Sat)

2 Date Night
Steve Carell, Tina Fey
13.20-15.20-17.30-19.40-22.00 (00.20 Fri & Sat)

3 Law Abiding Citizen
Gerard Butler, Jamie Foxx
13.30-15.50-18.20-21.10 (23.30 Fri & Sat)

4 From Paris With Love
John Travolta, Jonathan Rhys Meyers
13.10-15.10-17.20-19.30-21.50 (00.10 Fri & Sat)

5 How to Train Your Dragon
Animation PV
13.00-15.00-17.10-19.15

Alice in Wonderland
Johnny Depp, Mia Wasikowska
21.20 (23.40 Fri & Sat)

6 The Last Song
Miley Cyrus, Liam Hemsworth
13.50-16.10-18.40-21.40 (0.00 Fri & Sat)



THE CLASH BEGINS IN 3D



Title: Clash of the Titans

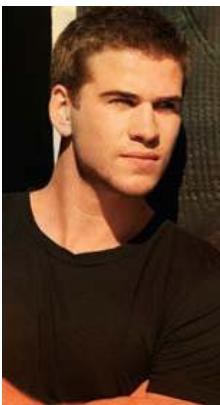
Genre: Action | Adventure |

Drama | Fantasy

Stars: Sam Worthington, Liam Neeson, Ralph Fiennes, Alexa Davalos, Mads Mikkelsen, Gemma Arterton, Jason Flemyng

Synopsis: Born of a god but raised as a man, Perseus is helpless to save his family from Hades, vengeful god of the underworld. With nothing left to lose, Perseus volunteers to lead a dangerous mission to defeat Hades before he can seize power from Zeus and unleash hell on earth. Leading a daring band of warriors, Perseus sets off on a perilous journey deep into

forbidden worlds. Battling unholy demons and fearsome beasts, he will only survive if he can accept his power as a god, defy his fate and create his own destiny.



The
LAST SONG



Title: The Last Song

Genre: Drama | Romance

Stars: Miley Cyrus, Liam Hemsworth, Greg Kinnear, Kelly Preston

Synopsis: Based on best-selling novelist Nicholas Sparks' latest novel, *The Last Song* is set in a small Southern beach town where an estranged father gets a chance to spend the summer with his reluctant teenage daughter, who'd rather be home in New York. He tries to reconnect with her through the only thing they have in common - music - in a story of family, friendship, secrets and salvation, along with first loves and second chances.

SATURDAY 17/04/10

BBC1

07.00

The Whole 19 Yards.

06.00

Formula 1: The Chinese

07.30

The Prisoner.

08.30

Breakfast.

08.30

Grand Prix - Qualifying.

10.30

Die Another Day

2020.

11.30

ITV News: Weather.

11.30

Saturday Kitchen.

11.30

London Weather.

11.30

London: Weather.

FRIDAY 23/04/10

BBC1

07.00

Emmerdale.

07.30

Coronation Street.

08.00

Breakfast.

08.15

Food Fighters.

09.15

London: Under the

Hammer.

10.00

ITV News: Ten and

Twelve.

11.00

To Buy.

11.30

Cast in the Attic.

12.30

Membership Rugby

12.45

Bargain Hunt.

12.00

BBC News: Weather.

12.15

Bargain Hunt.

12.30

Emmerdale.

12.45

BBC1 News.

12.55

ITV News: Weather.

13.00

Regional News.

13.15

ITV News: Weather.

BBC1

07.00

Emmerdale.

07.30

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08.00

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13.00

Regional News.

13.15

ITV News: Weather.

BBC1

07.00

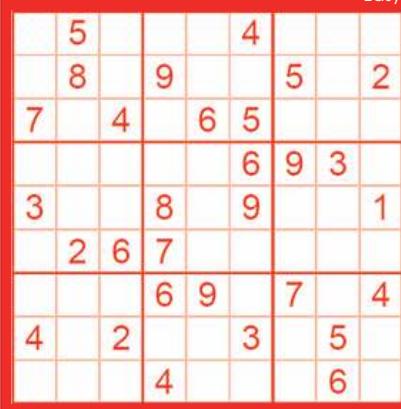
Emmerdale.

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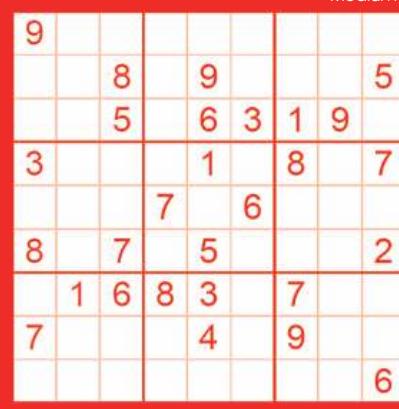
SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

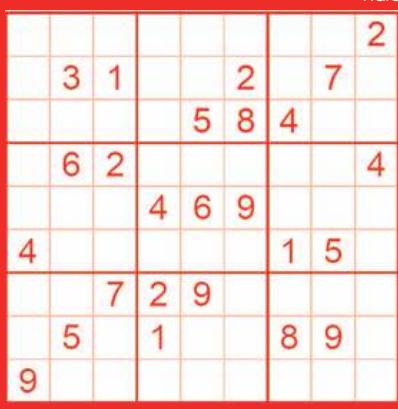
Easy



Medium



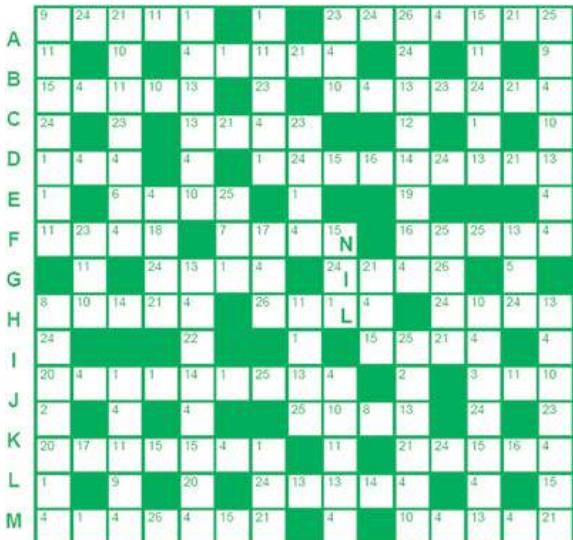
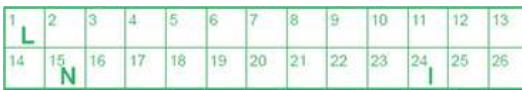
Hard



CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

(Right: Last week's solution)



WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

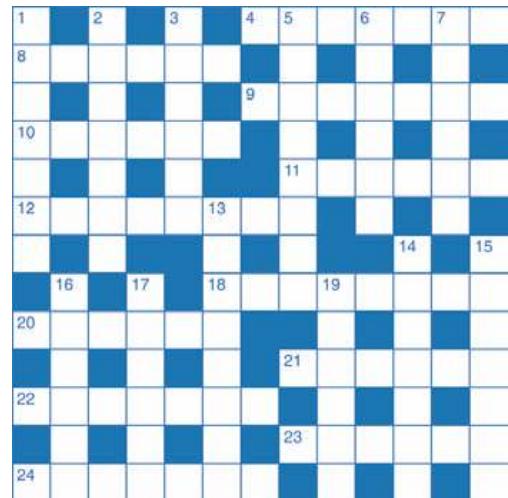


EYELID, OFFHAND, ELICIT, IMAGES, STANDING, PATIENCE, BATTER, RESERVE, PRIMER, PRESIDE, REVERSE, DECIMAL, BEHEAD, RUNNER, IMPROVED, INFORMS, LECTURE, CAREER, STRESS

Last weeks solutions:



PRIZE CROSSWORD 1057



Two free entry tickets to the International Algarve Fair will be sent to the sender of the first correct solution to crossword n° 1057 opened next Thursday. Solutions to: The Portugal News Crossword N° 1057, Apt. 13, 8401-901 Lagoa. Be sure to enclose your name, address and phone number.

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.



Last weeks solutions

Across: 1 Adulterated; 9 Tie; 10 Forgather; 11 Toddy; 13 Climbed; 14 Occurs; 16 Hectic; 18 Comical; 19 Kudos; 20 Prostrate; 21 Leo; 22 Dead certain.

Down: 2 Die; 3 Lofty; 4 Enrich; 5 Avarice; 6 Exhibited; 7 Stethoscope; 8 Predecessor; 12 Decompose; 15 Recited; 17 Please; 19 Knelt; 21 Lei.

Last weeks winner: Joanne Vanderhosst, Lagos

Last week's solution:



WIN

2 entry tickets for the International Algarve Fair in Lagoa on 5th & 6th June

with the chance to win a Royal Caribbean Mediterranean Cruise for two



Your tickets will be entered in the Prize Draw whether you attend the Fair or not.

PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 17 Apr 2010

PROPERTY OF THE WEEK

Little gem in the heart of Vilamoura



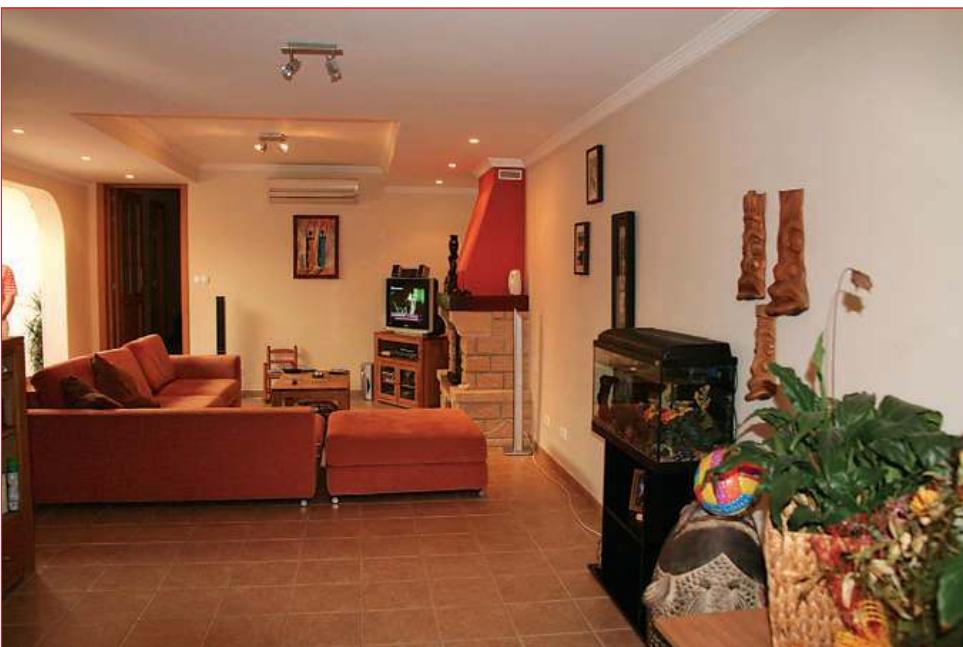
Located on Ipanema Street, in the old village of Vilamoura, this three bedroom semi-detached property is the last villa of the group of houses, providing it with plenty of open space in the quiet Vilamoura urbanisation.

Although the house itself was built quite some time ago, the interior has recently been completely renovated, giving a neat look to the house with lots of open space.

A spacious lounge, fitted with a fireplace, is tied with an adjoining dining room, which has a beautiful skylight above, providing natural sunlight throughout the whole room.

To the end of the lounge is a kitchen, fully equipped and with quality granite worktops and lovely wooden cupboards. Double glazed sliding doors lead to the outside patio of the villa, which has a BBQ area fitted with an outdoorsink. The kitchen also has a door leading to the BBQ area.

On the opposite side of the lounge is a corridor that leads to the bedrooms of the property.



The first left and right hand side rooms are the guest bedrooms, fitted with built in wardrobes and double-glazed windows, and equipped with air-conditioning. At the end of the corridor to the left is the master bedroom, which is en-suite. This spacious room also has a built in wardrobe and

its private bathroom, which has a bathtub, is tiled with beautiful mosaics and adorned with quality taps. The guest bathroom, which is at the end of the corridor to the right, also nicely decorated, has a walk-in shower.

A staircase goes up to the sun-bathing terrace upstairs, with a

metre high wall surrounding it for privacy.

The villa has a carport and owners also have access to a communal pool and gardens.

One of the great advantages of living in Vilamoura's old village is the fact homeowners are so close to several amenities, such

as a golf course, supermarkets, shops, restaurants and bars.

This 220 square metre property is being sold at €315,000, for more information please call VendaVilla on 289 314486, email vilagente@mail.telepac.pt or visit their website www.vendavilla.com.

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VILAGENTE



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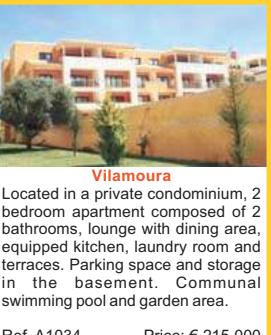
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Vilamoura,
8125-432 Quarteira
Algarve - Portugal
Tel: 289 314 486
Fax: 289 315 578
vilagente@mail.telepac.pt
www.vendavilla.com



Vilamoura
Apartment situated in a private condominium with tennis court and communal swimming pools composed of 1 bedroom, 1 bathroom, lounge, kitchen, storage and terrace. Furnished and equipped. Exterior and private parking area.

Ref. A1375

Price: € 150,000



Vilamoura
Located in a private condominium, 2 bedroom apartment composed of 2 bathrooms, lounge with dining area, equipped kitchen, laundry room and terraces. Parking space and storage in the basement. Communal swimming pool and garden area.

Ref. A1034

Price: € 215,000



Vilamoura
Attached villa composed of 2 bedrooms 1 bathroom, lounge with fireplace and dining area, kitchen, storage and terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area - 127 sq. m.

Ref. V12324

Price: € 245,000



Patá de Cima
Luxurious villa composed of 6 bedrooms, 7 bathrooms, lounge with fireplace, equipped kitchen, laundry room and storages. Office, basement with lounge and garage. Barbecue and various terraces. Swimming pool and garden. Sea view. Plot area - 2.300 sq.m. Constr. area - 629 sq.m. Ref. V12592 Price: € 950,000

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Huge detached 5 bedroom villa (all bedrooms en suite) with huge pool in São Martinho do Porto.
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Mobile
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Email
info@urbinvest.net

www.urbinvest.net

Vilamoura

Very nice studio apartment full equipped. Very well located in high quality condominium with swimming pool, garden and play ground. Very good finishings. Good investment.

Ref.: 2434 Promotion € 94.500

Vilamoura

3 Bed detached Villa with swimming pool, garden & bbq. Very good location, next to the wonderful Old Village Resort. Good rental income.

Ref.: 2960 € 350.000

Vilamoura

1 Bed apartment with stunning views, and only 2 minutes walking to the Marina and the beach. Refurbished and furnished. Good deal.

Ref.: 2907 € 89.000

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LOULÉ
V92562
Single storey 2 bedroom villa in very quiet & peaceful area. Few mins drive from Loulé. Self contained 1 bedroom apartment annex to main house, ideal for guests. 914 sq.m. plot w/ approx 100 sqm constr. area. Fully fitted & equipped kitchen. Lounge w/ fireplace. Private garden w/ 8x4 sw. pool 8x4 & several leisure areas. Carport for 2 cars. Automatic gates. Cisterna.

VILAMOURA
A102635
2 bedroom apartment on enclosed complex with large green areas and communal swimming pool. Adjacent to several Golf Courses. 120 sq.m. of constructed area. One en suite bedroom. Fully furnished and equipped, w/ air conditioning. South facing terrace with lovely panoramic views. Private parking and storage in the basement. Excellent sun exposure. Great rental potential.

VILASOL
A92550
Excellent 2 bedroom apartment within a five star golf resort. Just mins walk to Vila Sol Golf Club House & Hotel. Next to new Spa facilities & commercial area. Fully fitted kitchen & laundry room. A/C. Open fireplace in living room. Large South/West facing balcony overlooking immaculate grounds & communal pool. Private roof terrace w/ panoramic views.

VILAMOURA
MG8205
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Vale Parra
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R.122261002-416 Price: € 245.000

Albufeira - Quinta da Balaiada
Excellent 3 bedroom Villa situated in Quinta da Balaiada - Albufeira. This Villa has a wide garden with a big swimming pool, BBQ & parking place for 2 cars, equipped with Air Conditioning & has a big sunny terrace overlooking the gardens & sea. Very good location, excellent price.
Ref. 122261002-402
Price: € 445.000

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Very good investment and business opportunity. Outstanding spacious villa set in beautiful grounds (1.15ha / 11.500m2) w/breathtaking views over the countryside, within 10 mins to some of the most beautiful beaches & golf courses. 11 bedrooms fully equipped. Large living room w/fireplace, 3 large terraces (1 w/BBQ), swimming pool and patio area, tennis court - all within beautifully kept gardens.
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EA 032 RTH - € 78.000

Apartment Conceição
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EA 063 ACON - € 119.000

Villa Neighbourhood Castro Marim
3 bedroom villa (320 m2) with air con. and garage on a plot of 655 m2 with lovely garden area and automatic irrigation, situated within an attractive urbanization, 3 kms from Castro Marim, golf course and Praia Verde beach, 6 km from Vila Real.
EA 001 VCM - € 290.000

Villa Neighbourhood Altura
Beautiful, high quality 4 bedroom villa, with 5 x 10 m swimming pool, double garage in basement with additional rooms and storage areas, surrounded by 830 m2 of attractive garden with automatic irrigation, situated within a prestigious urbanization, 2 km from Altura beach and 5 km to various golf courses.
EA 002 VALT - € 780.000

Cabanas - Ria Formosa
3 bedroom townhouse with exceptional location in front of Ria Formosa Lagoon with beautiful views from south facing terrace, with walking distance to Cabanas centre, 1 km to golf course & 3 km to Tavira. Optional use of several swimming pools and boat to the beach = 100,- Eur. per adult/year. To be sold furnished and equipped.
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• Garage, garden, eira
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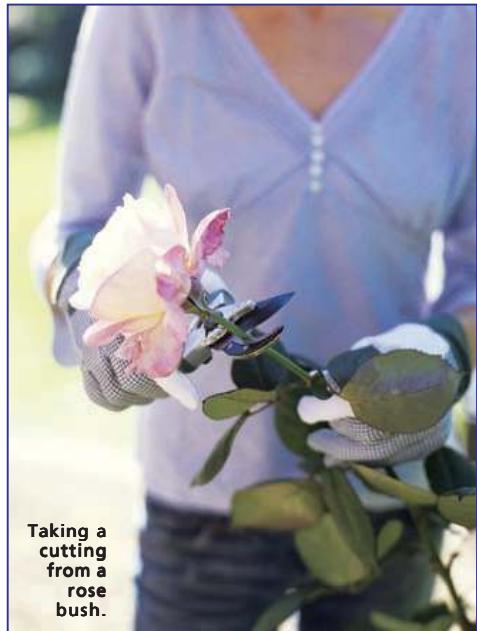
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Carol's at the cutting edge



Taking a cutting from a rose bush.

The BBC's 'Gardeners' World' regular Carol Klein has been busy taking basal cuttings to increase her collection of perennials.

She points out that the beauty about basal cuttings is that plants can be cloned exactly in this way, to give a new plant the exact characteristics of its parent, whereas if they are grown from seed they often lose the special traits for which they are valued, reverting to the straight species.

Carol says: "Taking basal cuttings is incredibly easy. You can take them from plants which are really difficult to divide or are grown from seed. The best time to take basal cuttings is from the new growth in spring."

Ms. Klein hopes her new book about propagation, *Grow Your Own Garden*, will encourage gardeners who have up to now been either too scared or too busy

to have a go.

She adds: "It's hugely satisfying. The very first time you get a cutting to root and then you grow it into a big plant, the feeling is like nothing else. You can collect seeds from many plants which will become reasonably true, but if you take basal cuttings it means you get an exact replica of the parent."

She has taken basal cuttings from many hardy plants as well as dahlia - once the plants have started growing in spring.

"Pot them up, water them well and keep them in a warm place like a greenhouse or warm windowsill which must be bright or the shoots will become long and stringy."

"When the dahlias have made three or four inches of growth, take a sharp knife like a veg knife and push it in between the strong shoot and the crown of plant, cutting without damaging the tuber."

An older plant should give you a handful of strong cuttings which you should then re-pot, preferably in a clay pot.

"I always put my dahlia cuttings into clay pots because I find they root much more easily because clay's a natural material, the pots are porous and that earthiness seems to encourage roots to form."

Evenly space about five cuttings around the edge of a 15cm pot filled with gritty compost. Carol uses chopsticks to make the hole in the compost to house the cuttings. Plant them in so there's around an inch of cutting below the surface, then water them well with a fine rose on

your watering can.

"Drench the compost so it will settle the compost and cuttings down and make sure there are no air pockets and put them in as warm a place as you have," she explains.

Some people make little tents for the cuttings out of clear plastic bags, but Carol says if you save a tall punnet from the supermarket you can make a mini-greenhouse out of that or use a shower cap to cover them to create an environment to retain moisture. Just make sure the cover is not in contact with the foliage or it may rot. In the north of Portugal heated propagators may take a couple of weeks off the rooting time.

"Make sure the foliage doesn't dry out, so you can spray it with a fine mist from time to time. It will take about a month for the cuttings to root without any bottom heat."

When roots appear from the

Re-potted basal cuttings from a Dahlia 'Bishop of Landaff' plant.






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MICHAEL BEALEY

hole in the bottom of the pot, repot each cutting, knocking them out of the pot carefully and repotting each one into their own pot.

She says: "You can plant the cuttings later on in the summer or carry on growing them on in pots and they'll make decent-sized tubers and when they die down in the autumn, you'll have a good amount of tuber under the soil."

"If you put the young plants into the garden, be sure to lift them

before it gets frosty (in northern gardens). They might flower the first year but I'd take the flowers off because you want the strength to be directed to the tuber under the ground. Propagating is enormously exciting, hugely rewarding and each time you do it you re-affirm the primacy of the earth and the plants that grow in it."

:: *Grow Your Own Garden*, by Carol Klein, is published by BBC Books, priced £20/€23.

Hannah Stephenson

From terrace to table Spring onions

Perk up your salads and stir-fries this summer with some home-grown spring onions, which can be sown in March/April to be ready for harvesting when salads come into their own.

Make successional sowings every three weeks from March to July for a June to October crop and sow in August to October for onions in March to May.

Any you don't use as spring onions turn into excellent red or white bulb onions. They should be sown thinly and thinned out if the seeds are overcrowded, to 2.5cm (1in) apart, allowing 15cm (6in) between the rows, which need to be well weeded.

Water them well during dry spells so their growth isn't stunted and harvest as and when they are big enough to use. Good varieties include North Holland Blood Red, a purplish-red variety to be sown in spring, which left to keep growing produces delicious red onions which will see you into winter. If you're going for autumn sowing, choose a variety such as Overwintering White Lisbon.





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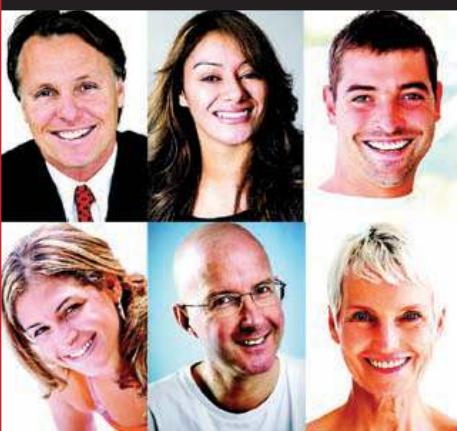
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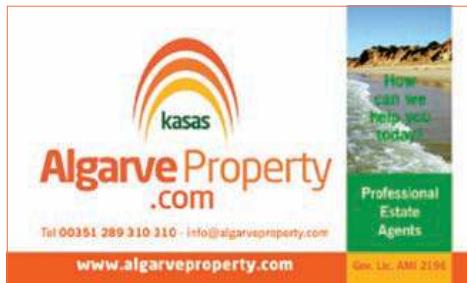


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Almost 40% of Europeans are aware of the issue of overuse of antibiotics

The Commission has published two reports which demonstrate the need for further progress in the European Union on the issue of antimicrobial resistance.

The first report is a pan-European survey which reveals some worrying trends in public attitudes towards the use of antibiotics.

The results indicate that citizens need more information on the correct use of antibiotics, even though 37 percent of respondents remember having received information on not overusing antibiotics in the last 12 months.

The second document is a progress report, adopted today, on the 2002 Council Recommendation on the prudent use of antibiotics. The report shows that good progress has been made in several areas.

"Antibiotics brought about a revolution in medicine: thanks to them we can treat bacterial infections and save lives. However, the overuse of antibiotics in people and animals has lead to the emergence of antibiotic resistant organisms", said John Dalli, European Commissioner for Health & Consumer Policy.

The commissioner added: "This means that misuse of antibiotics undermines their effectiveness in the longer term and that we must continue to raise awareness amongst our citizens about the risks of improper use of antibiotics."

This second Eurobarometer report on Antimicrobial Resistance was carried out at the end of 2009 and follows on from a similar survey that was conducted in 2002 in the EU-15. The report is structured around 3 themes: our use of antibiotics, our perceptions regarding the use of antibiotics and an analysis of awareness raising efforts.

It was found in the survey that 40 percent of respondents say they have taken antibiotics in the past year, over a third took them for a viral infection like a cold or the flu.

A total of 95 percent of these obtained them through a medical prescription and/or administration by a medical practitioner. More than half of those surveyed think that antibiotics are able to kill viruses. This misconception is particularly common in the 15-24 age group.

However, 62 percent of those who received this information did not change their opinion on antibiotics.

Tapping your way to health?

Hollyoaks star Nicole Barber-Lane might be known for her tough-love mothering as Myra McQueen on the telly, but when it comes to her own health, she's a softie, having had to seek help for her phobia of the dentist.

Her love of sweets means that she's visited the dentist nearly every year since childhood for treatment of cavities, root canals and implants, leaving with her an indelible fear of drills, needles and that odd smell that only the dentist's office can provide.

But since trying a pioneering, phobia-busting therapy - Thought Field Therapy (TFT) - just a few months ago, she's been able to completely rein in her fears.

"Ever since I was little I've always hated the dentist, so much so that even the thought of going in would work me up - sometimes to the point of hysterical sobbing," she explains.

"But it was only through TFT that all that changed around."

Thought Field Therapy, or 'tapping', is a relatively new therapy, having been developed in the 1980s by American psychologist Roger Callahan.

It's based on the premise that emotional trauma or pain is the product of imbalances in what Callahan terms "thought fields", and that tapping on specific acupressure points on the body can help free the person from their pain.

The alternative therapy hasn't been received well in all circles. Studies on the practice are few and far between, and Callahan's claims that TFT could cure ills like post-traumatic stress disorder and depression in as little as 15 minutes have caused many, including the American Psychological Association, to question its scientific validity.

But for some of those

practicing it, like Nicole, swear by its success.

"Every time I'd get any dental work done, I'd fear the needle pushing into my gums and the liquid flowing into my mouth.

"I'd be screaming, sobbing, pushing the dentist's hands out of my mouth - to the point that they'd have to give me a general anaesthetic just to do a simple procedure, I was so scared."

But after a few treatments of TFT, all that changed. Nicole would "get into the thought field" by imagining herself in a dentist's chair, about to have a treatment. While the images and fear coursed through her brain, she would start tapping on specific points to remove the "blockages" and get "positive energy flowing".

"After just two TFT sessions, I walked calmly into the dentist's office, breathed deeply and sat through the drilling with only a bit of anaesthetic cream on my gum.

"The nurses were amazed - they said I was a different person."

A different treatment

Like acupuncture, TFT accesses the energy meridians that supposedly course throughout the body. Another alternative form of psychotherapy, Emotional Freedom Technique (EFT), also uses tapping to disperse energy blockages on the meridian, but requires the practitioner to repeat statements while doing so.

Tapping, in its TFT form, requires no equipment, can be self-administered and has no side effects.

"Tapping is a completely non-invasive, risk-free technique that can, in most cases, reduce or eliminate negative emotion," explains TFT practitioner Janet Thomson, author of Tapping For

loss.

In fact, Nicole first used TFT to help her lose weight and focus during a marathon in 2008.

"At first, I thought it was weird, all this tapping on different parts of my body, but then suddenly I just felt better and lighter."

"Over the course of a year - tapping every day - I went from being a complete couch potato to enjoying running, doing two marathons and going down from a size 22 to a 14."

"In fact, I lost so much weight that my producer told me I didn't look like Myra anymore, and would I mind putting a bit more weight back on? So now I'm a happy medium - a size 18 - but know that I can always lose the weight again once I want to."

Nicole now uses TFT every day, to help her focus at work and



A model showing some of the energy meridians in the human body.

disperse headaches at home. She treats her friends and children (Ben, 10, and Jemma, 20), has trained as a practitioner in it with her husband, actor Liam Fox (who uses it to run when he's flagging with energy), and has even used it on the Hollyoaks set.

"Tapping is great for remembering your lines."

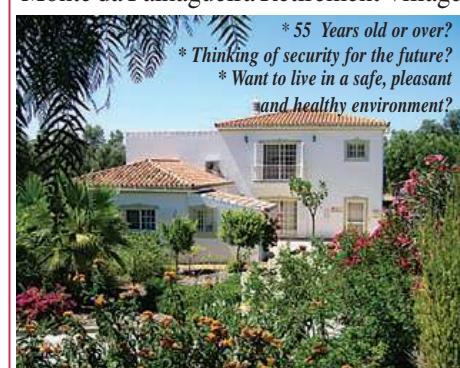
"Once the whole set was negative and I got everyone tapping - even if no one believed in it, it definitely lightened the mood on set and got everyone laughing, whereas just 10 minutes earlier everyone was anxious and running late."

Unlayering the emotions

Tapping has been lauded as a perfect pill that can solve traumas in a matter of minutes, not least by Callahan himself. But the reality is that it can take a while for a patient to see full results.

"It can be like peeling an on-

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This alternative therapy is said to alleviate anxiety, phobias, trauma and even excess weight. But can 'thought field therapy' or 'tapping', as it's commonly known, really help? Diagnostic therapist Janet Thomson, author of the new *Tapping for Life*, explains to Kate Hodal why she thinks this therapy could free our fears for good.

ion, as there might be lots of different emotions in one trauma," says Thomson, also a registered clinical hypnotherapist and nutritionist, and life coach for ITV news.

"One client recently lost her mum, so I treated her for not just the death, but the bereavement, grief, anger and sadness too. It's very normal for you to go through one layer and for another to pop up."

Clearing your "emotional superhighways" is paramount to leading a healthy life, says Thomson, as harbouring negative emotions can amplify bad feelings and prevent physical healing from taking place.

The practice is being used in war-torn Rwanda by the Ameri-

can Trauma Relief Committee to help heal physical and emotional traumas suffered by orphans and survivors of genocide.

Whilst TFT can't heal all sorts of physical traumas, they work best for those injuries that are 'out of proportion' to the injury or wound at stake, says Thomson.

"TFT won't help heal a broken leg, but it will help reduce chronic or debilitating pain you may have had for years."

As for Nicole, Thomson is relieved that her phobia of the dentist has now gone, but she isn't surprised.

"I hear two words a lot in my practice: 'It's gone'. Nicole was in a dreadful mess when I first met her, but even a layperson can achieve an 80% success rate just

by using the techniques in my book.

"It's like having a secret weapon in your arsenal - you actually have the tools to get rid of any pain you might be going through."

Nicole agrees: "You don't have to believe in it for it to work."

"I've watched some of my past emotional traumas just disappear and feel like a more confident and self-assured person because of it."

Try it yourself

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A man using the tapping technique on himself.

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Popi, Nthabiseng and Maduke

Blessings,

Anacletta and Tina in Semonkong, Popi and Maduke in Pulane.

A sad and frightened Anacletta was brought to our Semonkong Children's Centre in 2006. Her mother was a local prostitute who died last year. The extended family want nothing to do with their disabled grandchild. They see her as a liability. To some extent, you can understand.

In a poor family, a disabled child represents work with no return. Sounds harsh but think of the practical issues. For example, a woman wants to work in the fields and to grow crops, she must do this. Where does she leave the child? Once the child turns three years, she/he is normally too heavy to carry on the back.

If the child is also an orphan then it is likely to be living with its elderly grandmother. She simply cannot cope with a very dependent child. So, a disabled child is often left home alone.

Anacletta was found, locked in a room alone. Her mother had gone to South Africa and asked a neighbour to look after the child. The neighbour works and so Anacletta spent one month alone all day. A local chief Ntate Bathile broke into the room and rescued her.

Anacletta today is much loved by all our Semonkong family. She has her wheelchair which she operates herself. Her hand co-ordination is now good. She can feed herself, speak a few simple words and laughs a lot. Our 5 year olds, Amelia (Puso) and Margaret push her up and down in her wheelchair –she is their ‘baby’. One day they were a bit too enthusiastic and pushed too hard. They upended the chair – Anacletta flew out! All children have guardian angels. All was well. Amid much laughter, Anacletta was settled back into her chair.

We plan and pray that one day Anacletta will attend a special needs school in Lesotho. Places are hard to come by. Sentebale are trying to find a resident place for

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Tina running through the bunk house at Semonkong with Fudge, the Labrador

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our resident disabled children



Analetta at Semonkong

her at a Special Needs school. She needs to be stretched and to learn more skills.

Popi, is three years old and lived with her elderly Grandmother in a high mountain village near Pulane. She has been receiving

a monthly food parcel from us for over a year. Now she is too big to be easily carried. In early February her Grandmother brought her to live-in at our Pulane Children's Centre. She is a bright shining star.



When we first met Popi, over a year ago, she had totally bendy legs. Today, she is taking her first few wobbly steps. Thank God we didn't put her in a wheelchair; we didn't have a child sized one. If she spent every day in a wheelchair we doubt she would ever have walked.

Her big pal is Nthabiseng who is a smiling four year old. They are inseparable. She holds Popi's hand and off they stumble together. Popi began by standing with support, standing alone and in early March she was walking holding on to the side of a bed or the wall. Now she takes her first steps unaided. It's a miracle.

In early March, Maduke joined us. He is a bright 7 year old boy. He has some feeling in his legs but no movement. He had spent his life crawling around the village. Now he is in a wheelchair and he copes well. Nthabiseng sits on his wheelchair when she is not pushing it along. She can barely reach the chair handles.

We hope to have all our disabled children medically assessed one day. Speaking to a Seventh Day Adventist Doctor Ezekiel we are told that simple calcium deficiency as a growing baby could account for their disabilities. He says it is a fairly common occurrence in rural Africa.

Tina is 5 years old and completely deaf. Grant and I were not sure quite how you access the level of someone's hearing. So I watched Tina while Grant crept up behind her and made a very loud noise. She didn't bat an eyelid. She has no hearing. Her mother is a very disturbed Semonkong lady. Her grandmother runs a large shebeen (drinking den). For sure Tina has seen and heard horrors.

Today, she is growing up in a safe haven at our Semonkong Children's Centre. She does well at school and is unbelievable on the trampoline. She does full somersaults – forwards and backwards.

What is their future? Left in a rural village, they can beg and exist. Taken into care, we can develop skills and give them a safe secure environment in which to grow.

In the future we hope and pray that all these happy little ones will be able to attend local Primary school and reach their potential.

At present, they are much loved and are a blessing to us each and every day. We can complain

so easily. They smile and reach out to others in spite of their disabilities. We can learn much from

Mr Fix-it John Rhodes is with us, working in Pulane. He sees projects with new eyes. We take much for granted and become accustomed to growth. John said he is amazed at what the support of friends and family and a few churches can actually do to impact an entire community.

each of them. Please keep them all in your prayers.

Thank-you for your continued support.

Jill Kinsey.

We are totally reliant on gifts from family and friends to continue our work.

If you would like to help the children of Lesotho, my bank details are:

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Budget dining, gourmet style

The Michelin-starred Maze restaurant in London is not exactly the go-to place for budget dining.

As one of Gordon Ramsay's successful restaurants, its well-heeled clientele pay around £50-60 (€57-68.50) per head to savour executive chef Jason Atherton's heavenly fare.

But even in tough economic

times, Atherton is convinced that eating cheaply and eating well are not mutually exclusive. With entertaining at home becoming increasingly popular, Atherton is on a mission to make cheap food "exciting, beautiful and delicious".

"Because of the recession, people want to cook cheaply. But that does not mean they have to cook badly.

"Frugal food is always equated with pasta and anything fried. That's rubbish. There has to be a way to eat restaurant quality food that's inexpensive," he insists.

With this goal in mind, the chef spent three months researching his new cookbook and experimenting with various recipes, most newly concocted, others variations of some dishes on Maze's menu.

"I set myself a target. On the weekends, I went to the supermarket with £10 (€11.50) to see what I could buy and cook. The concept was that I could cook for a family of two for £10 and a family of four for £20. That's how we came up with Gourmet Food For A Fiver."

Atherton did his shopping at local supermarkets rather than at street markets where he might have been able to buy produce and ingredients for less.

"I wanted to prove that you could go to a supermarket and spend little for a two-course restaurant-quality dinner for two," he explains.

Despite being one of Britain's leading chefs, Atherton's ideology on food remains firmly rooted in simplicity.

"I've always believed in eating fresh, local and seasonal. It saves you an absolute fortune. If you're buying strawberries out of season, you're paying four times more for them. If you're buying asparagus in January and it's imported from Peru, you're paying triple for it."

Fruit and vegetables in season can be bought quite cheaply. But how about fresh meat and fish - surely these are expensive?

"Meat and fish are not expensive if you buy cheaper cuts of meat and unknown fish like pollock and mackerel," he says.

For beef, he suggests onglet or flank steak as a good alternative to prime cuts of steak.

Even after working as a chef all over the world, Atherton still prefers Britain for its seasons.

"I've worked in countries like Dubai where they have no seasons and they have all the produce imported in. Britain has these fantastic seasons and all we do is moan because it's too cold in the winter and moan because it's too hot in the summer," he exclaims.

Try these spring recipes from Atherton's book:

Gordon Ramsay protege, chef Jason Atherton, explains to Trisha Andres how to create wonderful gourmet meals with little outlay.



Pink peppercorn meringues with lemon and lime curd

(Serves 4)

Pink peppercorn syrup:

1 tsp pink peppercorns, cracked
1 vanilla pod
100g caster sugar

Meringues:

100g egg whites (2-3 eggs, depending on size)
100g caster sugar
100g icing sugar, sifted

Passion fruit syrup:

2 passion fruit
20g granulated or caster sugar

Lemon and lime curd:

Juice of 2 lemons (save the zest)

Juice of 2 limes (save the zest)

80g caster sugar

80g eggs (about 2 large), beaten

80g egg yolks (4 medium)

80g butter, diced

To finish:

1/2 tsp pink peppercorns

Zest of 2 limes (in long strips)

Zest of 2 lemons (in long strips)

100g caster sugar

30g granulated sugar

Preheat oven to 90 degree Celsius/gas 1/4 and line a baking sheet with baking parchment.

For the peppercorn syrup, put the sugar and 200ml water in a small saucepan over a low heat. When the sugar has dissolved, increase the heat and bring to the boil. Split the vanilla pod lengthways, scrape out the seeds and add them to the sugar syrup.

Mix the cracked pink peppercorns with the vanilla syrup in a small bowl; set aside.

To make candied lime and lemon zest, bring a saucepan of water to the boil. Add the citrus zests and blanch for 1 minute, then drain. Repeat the process twice, changing the water each time.

Put the caster sugar and 100ml water into a saucepan over a low heat and stir to dissolve the sugar. Increase the heat, bring to the boil and let bubble for a minute or two. Add the citrus zests and simmer for about 3-5 minutes until softened.

Remove the citrus zest with a slotted spoon, discarding the syrup. Toss the zest strips in a small bowl with the granulated sugar to coat evenly, then place on a tray lined with baking parchment and let stand until dry, about 15 minutes. Set aside.

To make the meringues, using an electric mixer, whisk the egg whites with 2 tbsp caster sugar on high speed until thickened. Whisk in the remaining caster sugar; 1 tbsp at a time. Keep whisking until the meringue is

(Serves 4)



Sea bream with tomato and corn salsa

4 sea bream fillets (about 160g each), skin on (Serves 4)

Olive oil, for brushing and drizzling

Sea salt and black pepper

Salsa:

1 corn-on-the-cob, kernels stripped

3 tomatoes, halved and deseeded

1 avocado, halved, peeled and stoned

1/2 cucumber, trimmed

1/2 yellow pepper, cored and deseeded

1/2 red onion, peeled

1 spring onion, trimmed

1 garlic clove, peeled

1 green chilli, halved and deseeded

Juice of 1 lime

4 tbsp olive oil

2 tsp chopped coriander leaves

Garnish:

Rocklet leaves

Rinse the sea bream and fillets, pat dry with kitchen paper and check for small bones, removing any with kitchen tweezers. Lightly score the skin side of the fish fillets, using a sharp knife. Cover and chill.

For the salsa, simmer the corn kernels in a pan of boiling water until tender, about 6-8 minutes. Drain, refresh, under cold running water and drain well. Tip the corn kernels into a large bowl.

Dice the tomatoes, avocado,

cucumber and yellow pepper; finely dice the red onion, spring onion, garlic and chilli. Add these ingredients to the corn with the lime juice, olive oil and coriander. Toss to combine and season well with salt and pepper. Cover and chill for 1 hour.

Brush the fish fillets with olive oil and season well. Heat a griddle pan or the grill to medium-high. When hot, add the fish, skin side down. Cook for 2-3 minutes on each side, depending on thickness, until just cooked through.

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Milo & Me

and all the other soothing items a puppy needs, once we were out of sight Milo made noises like we were torturing him - slowly. And at four o'clock in the morning, I felt rather worried the neighbours might want to torture him too. Eventually, in a desperate attempt to get any sleep, I let Milo sleep on our bed.

A few days later we took him to the village vet, just like we had envisaged. What we hadn't envisaged was our vet being the proud, very knowledgeable owner of a seven-year-old Weimaraner. One that won't eat when she's not around, that follows her like a shadow and that can't be left anywhere else except his own home. Apparently, of all the dog breeds in the world, ours is one of the most prone to separation anxiety. But at the moment its 50-50 as to which of us suffers most from it - Milo or me.

And to round off the session of rather daunting information, the vet warned us: "unless you want a 30-kilo lapdog, whatever you do, do not let him sleep on the bed". Right.

Since his arrival on Sunday 21st March, Milo has picked up four kilos, discovered his bark, practices it incessantly on the cat, mastered the art of ankle-ambushing, and found his niche in our home.

We've had our ups and downs - one afternoon he raced across the kitchen with an open salt pot in his mouth, shaking it about like some sort of deranged 'Shake n' Vac' device; he found the paint tray that we'd left downstairs, danced in it then gleefully pranced across the downstairs carpet and tiles. Another morning he nested in my gym bag, chewing his bone with gusto, drooling with appreciation all over my gym clothes (I only found out about the drool later that day at gym); he's 'nibbled' my wicker ironing basket, the kitchen table, most of the chair legs, and pretty much unravelled my favourite Ugg knit-boots.

And that was it, I'd made my mind up, we were going to have a puppy and it would be idyllic: the perfect addition to our new romantic lifestyle.

A week later we found Milo the Weimaraner, six weeks old and gorgeous.

Now, anyone who has had a puppy will know that puppies and romance are not two words that can be used in the same sentence - at least for the first few months.

I didn't. Milo is my first puppy.

Night one was an eye-opener, literally. Despite puppy-proofing the entire house and finding a big comfortable box for him to sleep in, packing it with blankets, toys,

house and my sanity (literally - the other day, through sheer distraction, I put the mobile phone charger in the freezer).

"Put pebbles in a plastic bottle and when the dog misbehaves shake it at him".

It works like you wouldn't believe. The furniture and our clothes have been spared, as has the lemon tree, and, after a bit more shaking, Milo seems to be house-trained, sits on command, and sleeps in his own little dog-house the whole night through without a muffle (but makes up for it by screeching like a manic seagull at 07h30 every morning on the dot).

On May 4th we'll be able to take him for his first walk. While we're really excited about this, I don't think Milo is; he's not over-entangled by his lead. He wriggles like a hyperactive fish when we put it on then throws himself on his side and refuses to budge. It has to be said, Milo definitely has a mind of his own. I joke that he doesn't have a personality, he has an attitude; but we wouldn't have him any other way.

Carrie-Marie Bratley

The Algarve Dog Show



5th and 6th June 2010
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You can enter online at www.algarvedogshow.com, classes are 1€ each to enter. Alternatively you can fill in a form available from the Portugal News and Paws4Pets, we will notify you of any other locations when we know of them. Or you can let us know if you would like forms for customers to collect.

This is a list of the main classes that we have for you to get involved with. The Algarve Dog Show will run the same schedule on both days so giving you 2 chances to get involved and hopefully win.

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The Algarve Dog Show
5th and 6th June 2010

The BIG HEART award.
Keep your nominations coming - we already have 21 people nominated.

Nominations
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Juliep@paws4pets.net.

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Nominations will be accepted up until midnight on the 30th April 2010.

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Olá sol... and nurse clinics

Hello to all and a big welcome back to the sun... we've all missed you.

With the very wet winter we have had the countryside is beautiful and green. As the grasses grow, so too has the tick population. Once the sun comes out the ticks moult to their nymph stage and are eagerly awaiting the passing of your pet.

We have already had a few cases of 'tick fever', especially in cats (in which it is less common). These animals have presented with various stages of progressive anaemia, vomiting and inappetence. The treatment for the different 'tick fevers' is a long and expensive one. And occasionally the presenting animal may be so ill that it may not respond to treatment at all.

Make sure your pet is treated with an appropriate 'spot on' preventative for ticks or call us at the clinic for free advice about tick prevention (along with heartworm and Leishmaniasis as well!).

VIP has now started a 'Nurses Clinic', which is currently being conducted on Thursday afternoons. Consults will be undertaken by our qualified nurse, Emma Townson. Consults are free of charge and are aimed at giving advice on topics such as pet nutrition, weight loss classes, dental checks, flea checks and advice on parasite control including worms, ticks and prevention of heartworm and Leishmaniasis.

If your dog or cat needs to be examined by a vet, Emma will let you know and a consult can be booked.

Emma is also a very experienced and qualified horse handler and can dispense advice as regards to the basics of equine husbandry and nutrition.

We have had a number of en-



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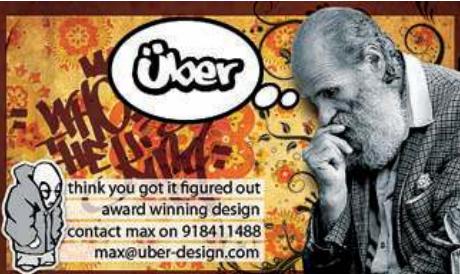
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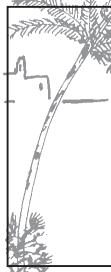
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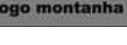
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Games Area

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Benfica draw closer to league trophy



Benfica's road to Liga Sagres victory became clearer this week after beating Sporting in the Lisbon derby. With only four games remaining, Braga are hoping for the 'Reds' to slip, whilst FC Porto expect the same of Braga.

Braga are sandwiched between Benfica and FC Porto, six behind the 'Reds' and five ahead of the 'Blues', and are under a lot of pressure to perform in the final stretch of the Liga Sagres. Their resilience showed last Saturday, after clawing back from one goal down against União de Leiria to win 2-1, a fine example of the underdog's season so far, with a tally of 19 wins, four draws and three losses in 26 matches.

FC Porto's fixture against Rio Ave was a disappointing match, with lots of missed passes and few opportunities arising throughout. Faria was the second half substitute who changed the outcome of the game, scoring after only five minutes on the pitch (65'). Besides the goal, the Argentine

seemed to improve the whole team's performance. With the victory, FC Porto still dream of a second place finish this season.

The game of the week was the derby between Benfica and Sporting, which took place at the Luz Stadium on Tuesday night. Braga players and management were definitely keeping a close eye on the result as a win by Sporting would narrow the gap between the first two, to only three points. Sporting were looking for revenge against the 'Reds' after their 4-1 loss in the League Cup, and had nothing to lose as their fourth position is practically secured.

Maintaining strong pressure all over the pitch throughout the first half, Sporting were the stronger side but did not manage

to capitalize. The heavy pressure tactic proved to be the 'Lions' downfall, as the strain put on the players in the first half was evident later on. Aimar's presence in the second half, being subbed for Éder Luís at half-time, changed the whole evolution of the match, with the 'Reds' completely dominating the pitch and Sporting not being able to get past the half-way line. The inevitable happened twenty minutes from the end, as an off target shot from Fábio Coentrao met with Cardozo, who did not miss the opportunity. Ten minutes later, a good pass from Ramires put Aimar one on one with Rui Patrício. He ran around the keeper and managed to score with practically no angle whatsoever, a fantastic goal.

With the victory, Benfica are now one step closer to their target, winning the Liga Sagres.



Benfica players Oscar Cardozo (R), Di María (C) and Carlos Martins celebrate scoring a goal against Sporting Lisbon during their game held at Luz Stadium in Lisbon on April 13th. (Lusa / José Sena Goulão)

SUPERLEAGUE FIXTURES WEEK 27

MATCH	DATE	TIME	TV
Olhanense-Marítimo	Friday	20h15	SportTV1
P.Ferreira-Naval	Saturday	19h15	SportTV1
Braga-Leixões	Saturday	21h15	SportTV1
Belenenses-Rio Ave	Sunday	16h00	
Nacional-U.Leiria	Sunday	16h00	
Académica-Benfica	Sunday	18h00	SportTV1
FC Porto-V.Guimarães	Sunday	20h15	RTP1
Sporting-V.Setúbal	Monday	20h15	SportTV1

Alentejo awarded Portugal 2018 Ryder Cup candidacy

The Comporta Dunes project, a golf course that has not even been built yet, to be located on the Alentejo coast, will be Portugal's candidate to host the 2018 Ryder Cup, it was announced this week.

With the Algarve being elected the 'Best Golf Destination in the World' by the International Association of Golf Tour Operators in 2000 and 2006, what seemed to be the most obvious region to host the Ryder Cup was beaten by a little known project on the Alentejo coast, the Comporta Dunes.

It will be competing against

applicants from Spain, Holland, France, Germany and Sweden, who are all eager to host the 2018 event.

Manuel Pinho, Chairman of the Portuguese committee that elected the contender, said:

"Tourism and the world of golf in Portugal are in need of a project like this. Not only for the sport, but also for an industry that can and should be successful. We had excellent proposals, which made our final decision much harder."

The committee's choice was based on the fact that "the

Comporta is a non-existent location" Nuno Aires added, suggesting that Portugal might have already lost their opportunity to host this prestigious event through this decision.

Furthering his criticism of the Portuguese Golf Association, the Chairman of the Algarve Tourism Board said the application deadlines were not clear, with some developments, such as

courses from the CS (Carlos Saraiwa) Group, not being able to hand in their applications in time. For the Algarve, only the Palmares, Oceânico and Monte Rei golf courses filed applications.

The Ryder Cup is a biannual event, alternating between Europe and the United States every four years.

The final location of the 2018 Ryder Cup will only be known in 2011 and the hosting country will have to invest €140 million by 2018, €12million of which must go into promotions and golf tournaments every year.

Portugal squad to be revealed next month

The official Portugal squad to compete in the 2010 South Africa World Cup will be announced on May 10th, said the Portuguese Football Federation this week.

The Portugal manager, Carlos Queiroz, will make the announcement of the 23 elected players three days before the team's pre-tournament camp,

in Covilhã.

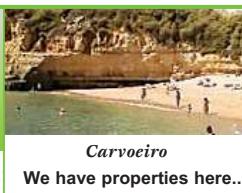
Portugal will be playing two preparation matches during their stay in Covilhã, against Cape Verde and Cameroun, on May 24th and June 1st, respectively; at 19h30.

Portugal face tough opposition in Group G of the 2010 World Cup: Brazil, Ivory Coast and North Korea.

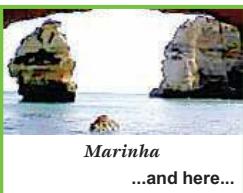


Nuno Aires, President of the Algarve Tourist Board, giving a press conference about the Ryder Cup on April 13th (Photo: Lusa / Luis Forra)

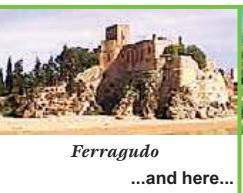
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